

Cycling guide of Sardinia

SARDEGNA





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Introduction

This guide is a cycling atlas of Sardinia, designed for those who want to travel the island along the asphalted roads. Sardinia offers the possibility to cycle almost on all its roads. The absence of traffic celebrates the sounds of nature and enhances the relationship with the landscape. This guide describes, accompanied by the road book, five itineraries divided into twenty-four stages, with an average of 100 km. Rest stops are indicated at mid-way. Each stage and rest stop has hotels, agritourisms and B&B.

The five itineraries link in a centre point, which permits to the cyclist to create a tailored tour, linking different stages of different itineraries. For example, those arriving by boat or by plane in the north can, linking different stages of different itineraries, reach the south of the island and leave again.

This guide gives some basic information on the organisation of the tour, but refers to websites and classical tourist guides for more in-depth information on archaeological, cultural and natural interesting sites, on accommodation and the refreshment places along the way.

Climate

The ideal months to cycle in Sardinia are from March to June and from September to December.

Also the two coldest months – January and February – offer reasonable conditions for cyclists; the only area where one could encounter some snow is on the Gennargentu massif, high in the centre of Sardinia.

It is possible to cycle also in July and August, but remember to avoid the hottest hours of the day and don't forget to drink frequently. In fact, during these months temperatures during the day can achieve 40° C.

Temperatures

Month	Min. Temp.	Max. Temp.	Month	Min. Temp.	Max. Temp.
January	6	14	July	20	30
February	7	15	August	21	32
March	9	17	September	17	28
April	10	20	October	15	23
May	14	23	November	11	19
June	18	28	December	8	16

Morphology of Sardinia

Sardinia is an Island in the Mediterranean sea with an area of 24.040 km², 270 km of length and 145 km of width. It is bigger than Corsica and smaller than Sicily. The island is an ancient land, marked by different geological eras which have characterized its landscapes making them extremely varied and morphologically different. Its inland is mainly hilly, among its mountains, the central massif of the Gennargentu stands out, and it culminates with the peak Punta La Marmora (1834 m). In the south west part of the Island the huge plain of the Campidano goes from Cagliari to Oristano, dividing the mountain groups of the Iglesiente and Sulcis areas. The granitic massif of the Sulcis area is isolated from other formations and it is not unusual for it to reach 1000 m of height. In the South-Centre, between the mountain ridges and the Campidano area, there is a hilly area with landscapes of soft undulations, in which we can find the typical Giare (basalt plateaus), of which the main one is that of Gesturi (between 500 and 600 m of height). In the West-Centre, in the plain of the Oristano area there are the Monte Arci (812 m) and the Monte Ferru (1.050 m), which join the central massifs determining the geographical division of the island in Capo di Sopra or Capo di Sassari (upper side) and Capo di Sotto or Capo di Cagliari (lower side). In the North-West,

the volcanic formations occupy the vast majority of the territory. In fact, the Logudoro area presents remarkable traces of its volcanic past with small hills which emerge from the plain with sharp profiles. The volcanic landscape extends up to the North-West, while towards Alghero it gives space to a huge plain which overlooks the sea with striking calcareous promontories. In the North-East, the granite relief of the Gallura area has distinctive profiles carved by the wind through time, the highest, Monte Limbara, reaches 1.362 m of height. In the Southern part of the Gallura area, the granite has mountainous features with huge ridges, in a crescendo towards the peaks of the Barbagia area. In the Centre-East, around the gulf of Orosei, the dolomitic limestone formations prevail and they form the so called "Supramontes", characterized by dizzy, bare and whitish walls which give the landscape a lunar aspect. The Karst phenomenon created several grottoes and dolines (such as that of Tiscali). In the South-East we can find tacchi and tonneri, which are typical calcareous formations, sometimes shaly, which characterize the land between the Flumendosa river and the Southern border of the Ogliastra area. In the mountain group of the Sette Fratelli, in the South, we can find the granite again.

The roads

The routes use roads with a little traffic. In fact, Sardinia is sparsely populated; the habitative density is about 67 inhabitants per km² compared to the Italian average, which is 189 inhabitants per km².

The population and the traffic are concentrated in the region of Cagliari and around the more populated towns. The quality of the road surface is good and the roads are large enough to allow vehicles to overtake easily. Car drivers respect cyclists and the sound of the horn is to say “hello”, to let you know that they are passing.

The routes

The five routes proposed have been created based on the beauty of the places. The 24 stages which form them have been oriented according to the prevailing wind of the island, the Mistral which blows from North-West. For each stage there are road books which describe the route, road maps, the altitude profile and some info about the main interesting sites along the route.

The level of difficulty of the stage can be:

Easy – The ground is mainly level, with drops up to 700 m per 100 km

Medium – The ground is moderately hilly, with drops up to 1.200 m per 100 km

Demanding – Hilly ground, with drops up to 1.700 m per 100 km




Hard - Mountainous ground, with drops exceeding 1.700 m per 100 km

The road book indicates the points to enter and leave the towns and the direction to follow to cross them.

The following symbols are used in the road books to explain the directions:

- | | |
|----------------------|----------------------------|
| ▲ Start of the stage | ↶ Go on keeping the left |
| ▽ End of the stage | → Turn right |
| ↑ Go straight | ↷ Go on keeping the right |
| ← Turn left | ! Pay particular attention |

The following are the symbols used in the stage maps:

-  Start of the stage
-  Half- stage
-  End of the stage

Route Sud

STAGE 1

CAGLIARI / MARGINE ROSSO - VILLASIMIUS - MURAVERA



Sights of Cagliari
from Bastione Saint
Remy terraces

Stage 1

Cagliari - Margine Rosso - Villasimius - Muravera

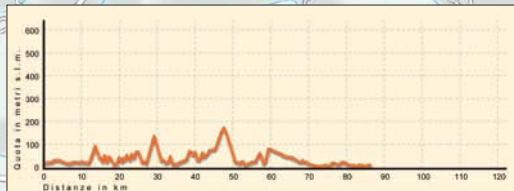
Tot. stage Km **83,8** - Ascent stage m **810** - Tot. route Km **83,8**

Level of difficulty: **medium**

Highlights

The ancient district of Castello in Cagliari - Landscapes along the coastal road The marine protected area of Villasimius

Location	km	Total Kms	Ascent	Direction
Margine Rosso roundabout	0	0	0	▲ (Roundabout at 12 km from Cagliari railway station) Set off towards Villasimius
Capitana junction	10,7	10,7	36	↗ Go on keeping the right and following the directions towards Villasimius
Geremeas	6,3	17	156	↑ Go straight on
Torre delle Stelle	3,5	20,5	184	↑ Go straight on
Solanas	4,4	24,9	266	↑ Go straight on
Villasimius	4,1	29	410	↑ Enter the territory of Villasimius
Villasimius petrol station	7,5	36,5	428	↖ Go on keeping the left
Crossroads	0,5	37	433	← Turn left towards Castiadas
Roundabout	0,9	37,9	450	→ Turn right towards Villasimius
Crossroads	2,7	40,6	480	↑ Go straight on
Crossroads	12,4	53	647	↑ Go straight on towards Muravera
Costa Rei crossroads	2,2	55,2	660	↖ Go on keeping the left and staying on the main road
Capo Ferrato crossroads	7,8	63	657	← Turn left towards San Priamo - Muravera
First Olia Speciosa crossroads	0,6	63,6	759	→ Turn right towards San Priamo - Muravera
Second Olia Speciosa crossroads	0,4	64	759	↑ Go straight on towards San Priamo, also at the next crossroads
Camisa crossroads	1,7	65,7	763	↖ Go on keeping the left towards San Priamo
Crossroads	9,3	75	772	↗ Get onto the main road towards Muravera (SS 125)
Muravera (football field)	8,8	83,8	810	▽ Muravera entrance



Route Sud

STAGE 2

MURAVERA - ORROLI - VILLANOVAFORRU



Su Nuraxi, Barumini

Stage 2

Muravera - Orroli - Villanovaforru

Tot. stage Km **107,5** - Ascent stage m **1519** - Tot. route Km **191,3**

Level of difficulty: **demanding**

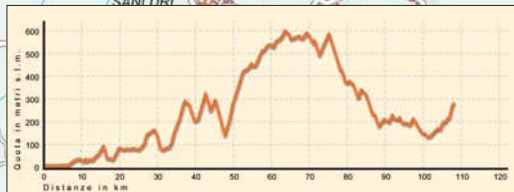
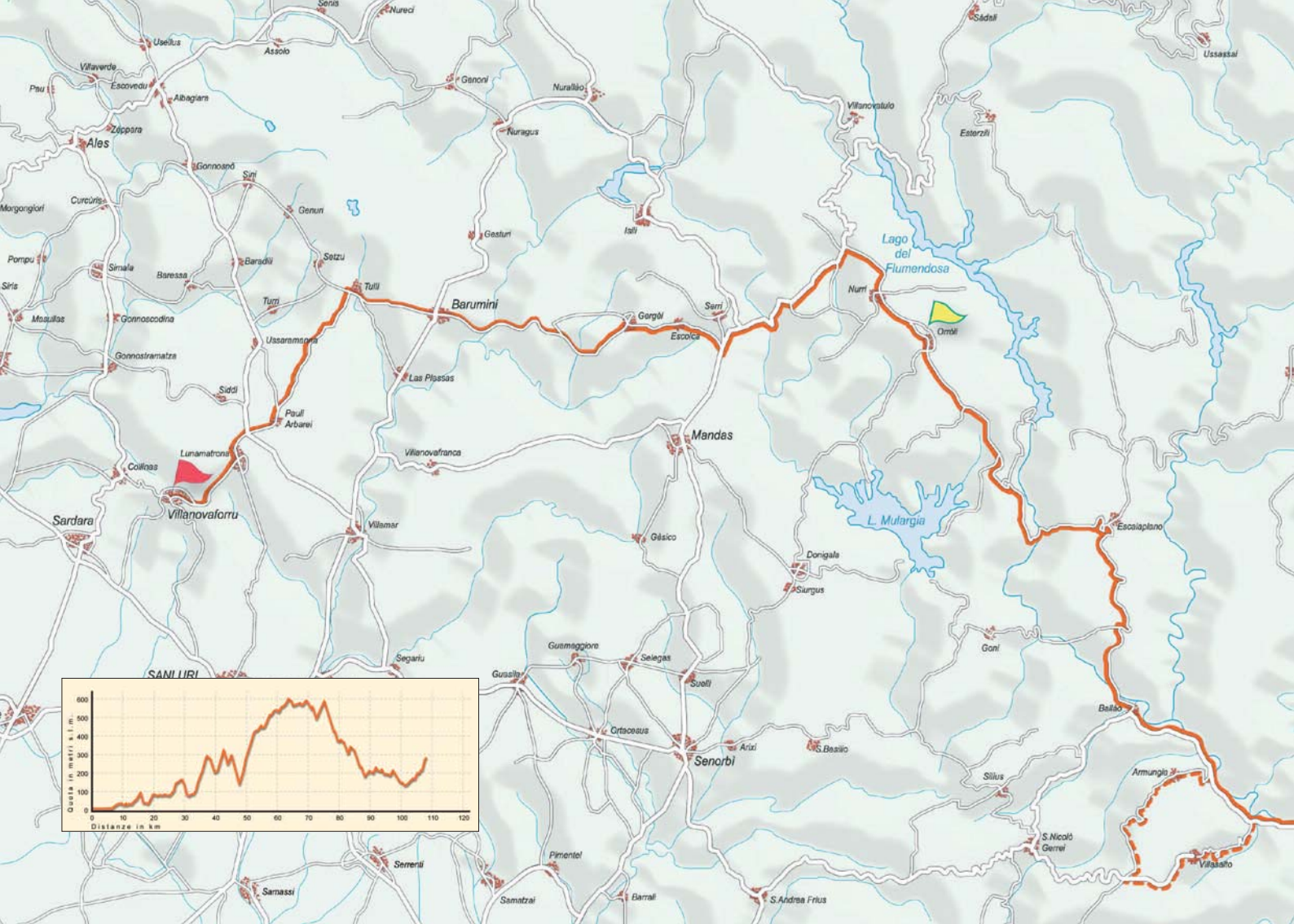
Highlights

Flumendosa lake

The Nuraghes of Orroli and Barumini

Location	km	Total Kms	Ascent		Direction
Muravera - football field exit	0	0	0	▲	Set off from Muravera towards San Vito
San Vito crossroads	2,5	2,5	10	←	At the exit of the village turn left towards San Vito
Ponte San Vito (bridge)	2,25	4,75	15	↑	Cross the village
First tunnel	15,55	20,3	28	↑	Tunnel lower than 500m
Villassalto crossing	0,7	21	100	↑	Go straight on ! To avoid the tunnels detour towards Villassalto-Armungia
Armungia crossing	5,4	26,4	124	↑	Go straight on
Ballao entrance	3,2	29,6	250	↑	Cross the village towards Escalaplano
Escalaplano	12,8	42,4	400	←	Turn left towards Orroli
Escalaplano exit	1,3	43,7	592	↖	Go on keeping the left in the descent road towards Orroli
Nuraghe Arrubiu crossing	8,3	52	904	↑	Note: turn left to visit the Nuraghe Arrubiu
Orroli entrance	7,4	59,4	1026	↑	Cross the village towards Nurri
Nurri exit	5	64,4	1100	↖	Cross the village and at the exit keep the left
Crossroads after the industrial area	2,2	66,6	1109	←	Turn left towards Isili SP 128
Mandas crossroads	7,4	74	1200	←	Turn left towards Mandas - Cagliari
Escolca crossroads	1	75	1230	↗	Turn right towards Escolca - Gerrei
Escolca entrance	2,2	77,2	1231	↑	Cross the village towards Gerrei - Barumini
Barumini entrance	12,8	90	1280	↑	Go straight on also at the next crossroads following the directions for Tuili
Su Nuraxi	1,6	91,6	1337	↑	Go straight on
Tuili exit	3,1	94,7	1350	←	Cross the village and at the exit turn left towards Pauli Arbarei
Pauli Arbarei	5,8	100,5	1373	↗	Cross the village towards Lunamatrona
Lunamatrona entrance	3	103,5	1405	↑	Cross the village towards Villanovaforru
Villanovaforru entrance	4	107,5	1519	▽	Turn left and enter Villanovaforru





Route Sud

STAGE 3

VILLANOVAFORRU - SANT'ANTONIO DI SANTADI - ARBUS



Monte Arcuentu
Profile

Stage 3

Villanovaforru - Sant'Antonio di Santadi - Arbus

Tot. stage Km **83** - Ascent stage m **1100** - Tot. route Km **274,3**

Level of difficulty: **medium**

Highlights

The Marceddi lagoon

The dunes of Costa Verde - The ancient mines

Location	km	Total Kms	Ascent		Direction
Villanovaforru - Collinas crossroads	0	0	0	▲	Set off towards Collinas. ! Not to turn towards the SS 131 (national road)
Collinas entrance	2,3	2,3	30	↑	Go straight on towards Gonnostramatza
Collinas	0,35	2,65	35	→	Turn right towards Gonnostramatza
Gonnostramatza entrance	0,25	2,9	50	↖	Go on keeping the left towards Gonnostramatza
Gonnostramatza bridge	5,3	8,2	60	←	After the bridge turn left towards Mogoro
Mogoro entrance	4,6	12,8	90	←	At the entrance of Mogoro turn left towards SS 131
Mogoro exit	1,16	13,96	102	↑	At the petrol station go straight on towards the SS131
A series of crossroads and overbridges	3,49	17,45	115	↑	Go straight on on the SP 98
Case Zeppara crossroads	6,35	23,8	120	→	Follow the direction towards the SS 126
SS126 crossroads	2,7	26,5	125	↑	Go straight on towards Sant'Antonio di Santadi
Sant'Antonio di Santadi crossroads	4	30,5	140	→	Turn right towards Sant'Antonio di Santadi on the SP 65
Neapolis crossroads	5,8	36,3	155	↖	Turn left towards Sant'Antonio di Santadi
Sant'Antonio di Santadi	10,4	46,7	158	↑	Cross the village towards Torre dei Corsari - Costa Verde
Torre dei Corsari crossroads	5,5	52,2	260	↖	Go on towards Costa Verde - Funtanazza
Funtanazza crossroads	9,5	61,7	490	←	Turn left towards Costa Verde - Arbus
Costa Verde crossroads	0,5	62,2	550	↑	Go straight on towards Arbus - Montevecchio
Montevecchio	76,7	76,7	950	↑	Cross the village towards Arbus
Arbus crossroads	0,6	77,3	970	↗	Turn right towards Arbus
Arbus entrance	5,7	83	1100	▽	Enter Arbus



Route Sud

STAGE 4

ARBUS - NEBIDA - CALASETTA



Pan di Zucchero cliffs,
Nebida

Stage 4

Arbus - Nebida - Calasetta

Tot. stage Km **71,8** - Ascent stage m **1700** - Tot. route Km **346,1**

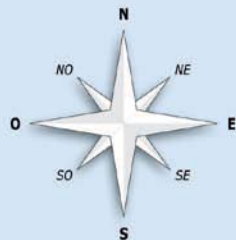
Level of difficulty: **demanding**

Highlights

The coastal road - Portixeddu and Cala Domestica beaches

The Pan di Zucchero rock - Carloforte

Location	km	Total Kms	Ascent		Direction
Arbus - SS126 exit	0	0	0	▲	Set off towards Fluminimaggiore on the SS 126
Piscinas crossroads	9	9	120	↑	Go straight on towards Buggerru - Fluminimaggiore
Portixeddu crossroads	9,3	18,3	200	→	Turn right towards Portixeddu - Buggerru
Buggerru crossroads	12,3	30,6	320	↖	Cross Buggerru towards Cala Domestica
Masua crossroads	15,6	46,2	1150	↖	Turn left towards Nebida
Nebida	1	47,2	1350	↑	Go straight on towards Funtanamare - Iglesias
National crossroads	8,3	55,5	1410	→	Turn right on the SS 126 (possible traffic)
Portovesme crossroads	2,8	58,3	1650	→	Turn right towards the coast road for Portovesme
Portoscuso crossroads	10,2	68,5	1670	→	Before the industrial area turn right towards Portoscuso
Portoscuso	1,5	70	1680	↑	Cross Portoscuso and get to the embarkation of Portovesme
Carloforte	1,8	71,8	1700	↑	Disembark at Carloforte (possible salt pits loop - Punta delle Colonne)
Calasetta	0	71,8	1700	▽	Disembark at Calasetta. End of the stage





Route Sud

STAGE 5

CALASETTA - S. ANNA ARRESI - PULA



Nora phoenician
town, Pula

Stage 5

Calasetta - S. Anna Arresi - Pula

Tot. stage Km **93,2** - Ascent stage m **693** - Tot. route Km **439,3**

Level of difficulty: **easy**

Highlights

The Phoenician towns of Sant'Antioco and Nora

The Spanish towers along the coast

Location	km	Total Kms	Ascent		Direction
Calasetta - port	0	0	0	▲	Set off from the port heading south along the coast
Calasetta exit crossroads	1,8	1,8	5	←	Turn left towards Sant'Antioco
Cussorgia crossroads	0,3	2,1	6	←	! Turn left towards Cussorgia
Cussorgia	1,8	3,9	12	↑	Go straight on towards Sant'Antioco
Sant'antioco	8,2	12,1	28	↖	Cross Sant'Antioco towards the marina
Ponte delle saline (Salt pits bridge)	0,9	13	32	←	Cross the bridge and leave the island
Trattalias crossroads	6,1	19,1	51	→	Turn right towards Trattalias
Trattalias	6,4	25,5	69	→	Just before the village turn right towards Giba
Giba crossroads	5	30,5	102	←	Turn left towards Giba
Villarios crossroads	0,5	31	106	→	Turn right towards Villarios
crossroads before Villarios	0,4	31,4	106	←	Turn left just before Villarios
crossroads	1,6	33	115	→	Turn right
crossroads	0,9	33,9	118	↑	Go straight on
crossroads	1,4	35,3	134	↑	Go straight on
Su Loi crossroads	1	36,3	160	→	Turn right towards Sant'Anna Arresi SS 195
Sant'Anna Arresi	1,5	37,8	175	↑	Cross the village towards Cagliari
Porto Teulada crossroads	12,6	50,4	244	→	Turn right towards Porto Teulada
SS195 crossroads	27,6	78	610	→	Turn right towards Pula - Cagliari
Santa Margherita di Pula crossroads	6	84	660	→	Turn right towards the seaside (carabinieri station)
SS195 crossroads	5,4	89,4	680	→	Turn right towards Pula - Cagliari
Pula	3,8	93,2	693	▽	Leave the national road and enter Pula. End of the stage





Route Ovest

STAGE 1

ALGHERO - BOSA - CABRAS



Montiferru
landscape

Stage 1

Alghero - Bosa - Cabras

Tot. stage Km **109,8** - Ascent stage m **2061** - Tot. route Km **109,8**

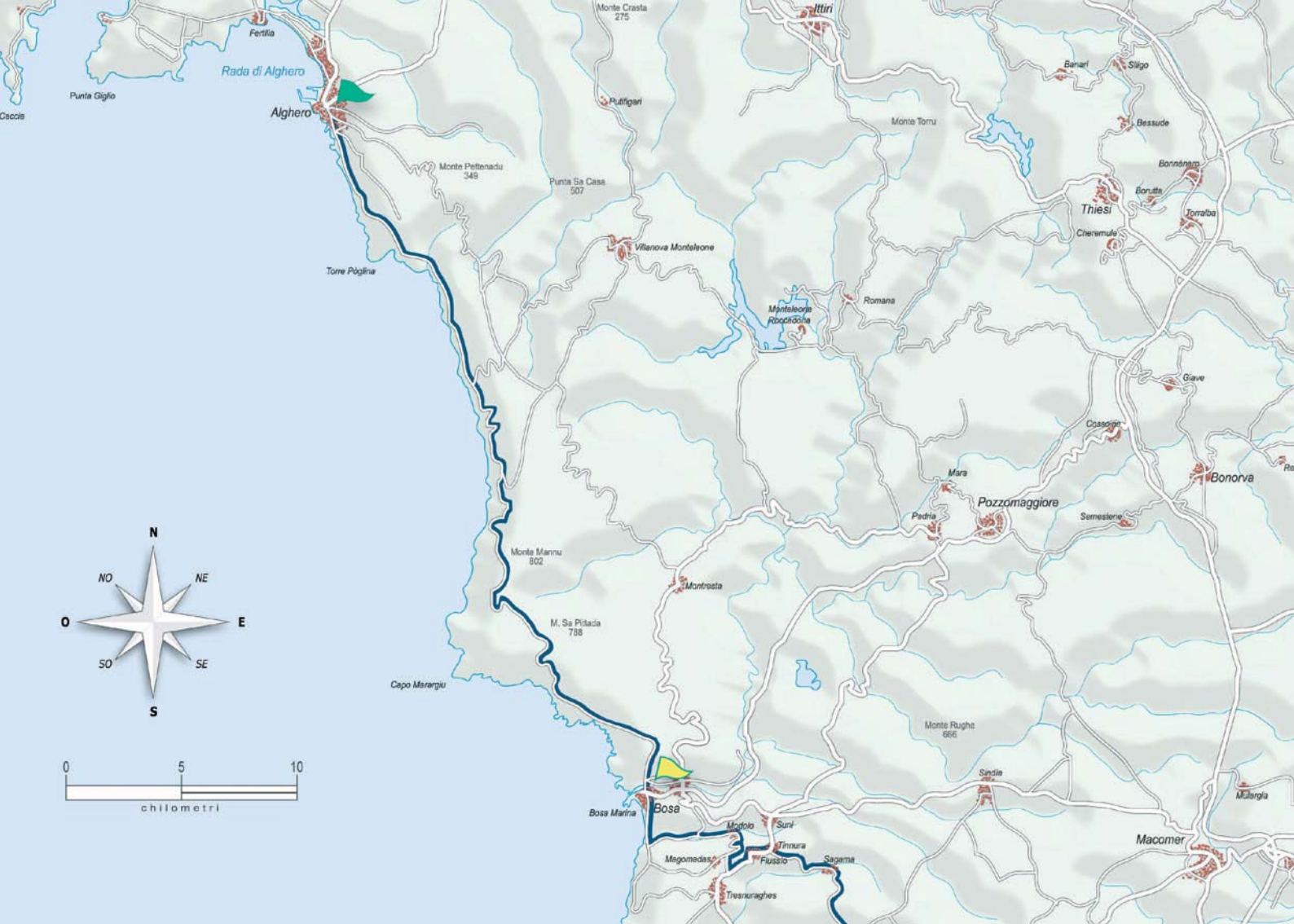
Level of difficulty: **hard**

Highlights

Ancient districts in Alghero and Bosa

The coastal road and Cape Marrargiu

Location	km	Total Kms	Ascent		Direction
Alghero - Bosa exit	0	0	0	▲	Set off from the Alghero exit towards Bosa
Villanova crossing	13	13	220	↑	go straight on towards Bosa
Nuraghe Appiu crossing	6,6	19,6	490	↑	go straight on towards Bosa
Bosa	22,5	42,1	910	↑	At the roundabout go straight on over the bridge
Bridge	0,4	42,5	916	→	After the bridge turn right towards Bosa marinas
Bosa Marina	0,3	42,8	918	↑	Cross Bosa marina following the seaside towards Turas
Turas crossing	2,7	45,5	918	↑	Go straight on towards Modolo
Modolo crossing	2,3	47,8	1008	↗	Go on keeping the right towards Modolo
Modolo	1,4	49,2	1080	↑	Cross the village towards Magomadas
Magomadas entrance	3,4	52,6	1260	←	Turn left and cross the village towards Flussio
Flussio	1,7	54,3	1359	↑	Go on towards Tinnura
Sagama crossing	1,1	55,4	1355	→	Turn right towards Sagama
Sagama	2,9	58,3	1372	↑	Go on towards Scano Montiferru
Sant'Antioco crossing	4,15	62,45	1470	↑	Go on towards Scano Montiferru
San Leonardo crossing	2,15	64,6	1517	↑	Go on towards Scano Montiferru
Scano Montiferru	0,7	65,3	1526	↑	Cross the village towards Cuglieri
Cuglieri crossing	5,7	71	1769	↖	Go on keeping the left towards Cuglieri
Cuglieri	1	72	1829	↑	Cross the village towards Oristano - Santa Caterina di Pittinuri
Santa Caterina di Pittinuri	12,3	84,3	1881	↑	Go straight on towards Oristano
Riola Sardo	17,5	101,8	2061	↗	After the bridge of Riola turn right and go on towards Cabras
Cabras	8	109,8	2061	▽	End of the stage



Route Ovest

STAGE 2

CABRAS - VILLANOVAFORRU - BARUMINI



Nuraghe San Giovanni,
Villaurbana

Stage 2

Cabras - Villanovaforru - Barumini

Tot. stage Km **102** - Ascent stage m **1044** - Tot. route Km **211,8**

Level of difficulty: **medium**

Highlights

The Sinis peninsula with its lagoons

The Giara plateau and the Castle of Las Plassas

Location	km	Total Kms	Ascent		Direction
Cabras - cemetery	0	0	0	▲	Set off towards Solanas, then cross it towards Donigala
Solanas	1,1	1,1	3	↖	Cross Solanas towards Donigala
Donigala Fenughedu	1,8	2,9	10	→	Enter Donigala and turn right towards Oristano
Rounabout to enter Oristano	1,25	4,15	13	←	Follow the direction for Massama. ! Road with traffic
Massama crossing	2,85	7	20	→	Turn right towards Massama, cross it towards Siamaggiore
Siamaggiore entrance	2,4	9,4	23	↑	Cross Solanas towards Donigala
Siamaggiore exit crossroads	0,85	10,25	25	↑	Cross the crossroads towards Solarussa
Solarussa	2,75	13	27	→	Follow the directions for Simaxis
crossroads before Simaxis	3,5	16,5	30	←	Turn left towards Simaxis
Uscita Simaxis	2,6	19,1	35	↗	Go on keeping the right towards Siamanna - Villaurbana
Siamanna	5,35	24,45	35	↑	Cross the village towards Villaurbana, go on until you get to Usellus
Usellus	18,55	43	409	↑	Go straight on crossing the villages of Usellus, Albagiara, Gonnosnò, Baradili and Ussaramanna
Lunamatrona crossing	19,6	62,6	556	→	Turn right towards Lunamatrona and cross it towards Villanovaforru
Villanovaforru entrance	4,7	67,3	687	←	Turn left and enter the village and stay in the lower part of the village
exit to Sanluri	0,5	67,8	711	←	! Turn left towards Sanluri, secondary road
Sanluri	8,2	76	744	↑	Cross Sanluri towards Furtei
Furtei crossroads	4,1	80,1	786	←	! Turn left and then right after 600 m, cross Furtei towards Segariu
Segariu entrance	4,1	84,2	863	→	Turn right towards Villamar
Villamar crossroads	6,8	91	902	←	Turn left at the crossroads
Villamar	1,4	92,4	910	→	Turn right, get to and go over Las Plassas towards Barumini
Barumini	9,6	102	1044	▽	End of the stage

Isola di
Mai di Ventre

Capo Mannu

Cala
Saline

Stagno
Sale
Porpus

Stagno
di
Cabras

S. Salvatore

San Giovanni
di Sini

Capo S. Marco

Capo della Frasca

S. Antonio
di Santadi

ORISTANO

Stagno di
S. Giusta

Arborea

S. Nicolò

Terraiba

Marrubiu

S. Anna

Pinna Arborea

S. Giusta

Donigala
Fenughedu

Massama

Nurupieddu

Barattù
S. Pietro

Ricci
Sardo

Nurachi

S. Vero
Mias

Zeddiani

Tramstra

Bauladu

Villanova
Truschedu

Zerfalu

Ollastra

Stapiccia

Siamarona

Villaurbana

Fordongiu

Villaverde

Pau

Ales

Curcùria

Mogongiori

Sinis

Go

Mogoro

Maulias

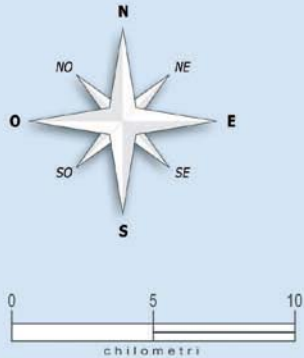
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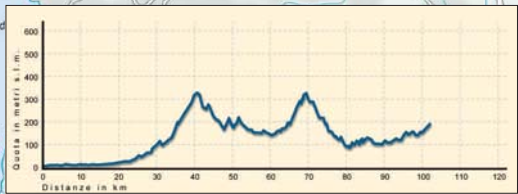
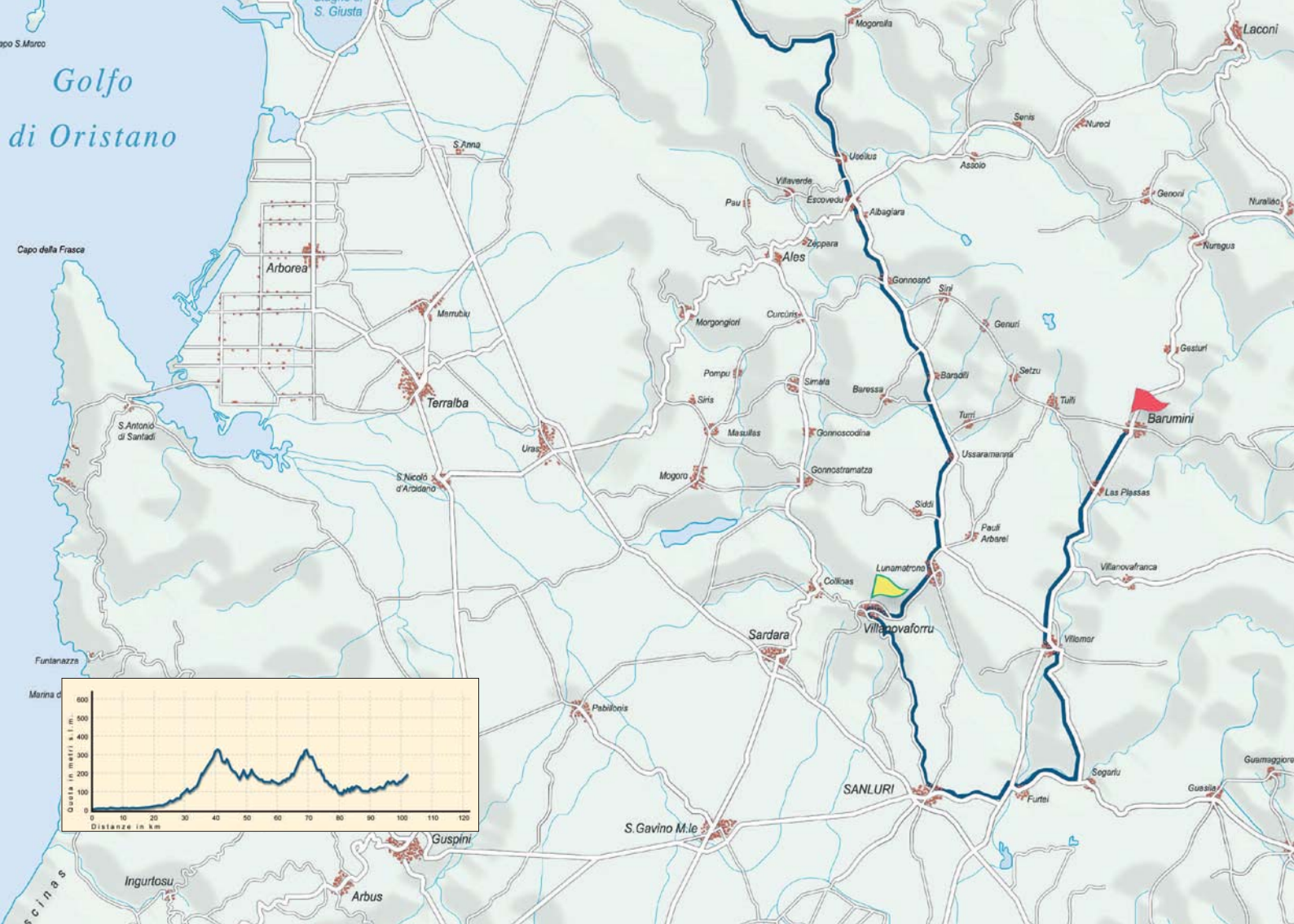
Sinis

Ales

Pau

Villaverde





Route Ovest

STAGE 3

BARUMINI - FORDONGIANUS - SANTULUSSURGIU



Roman thermal spring,
Fordongianus

Stage 3

Barumini - Fordongianus - Santulussurgiu

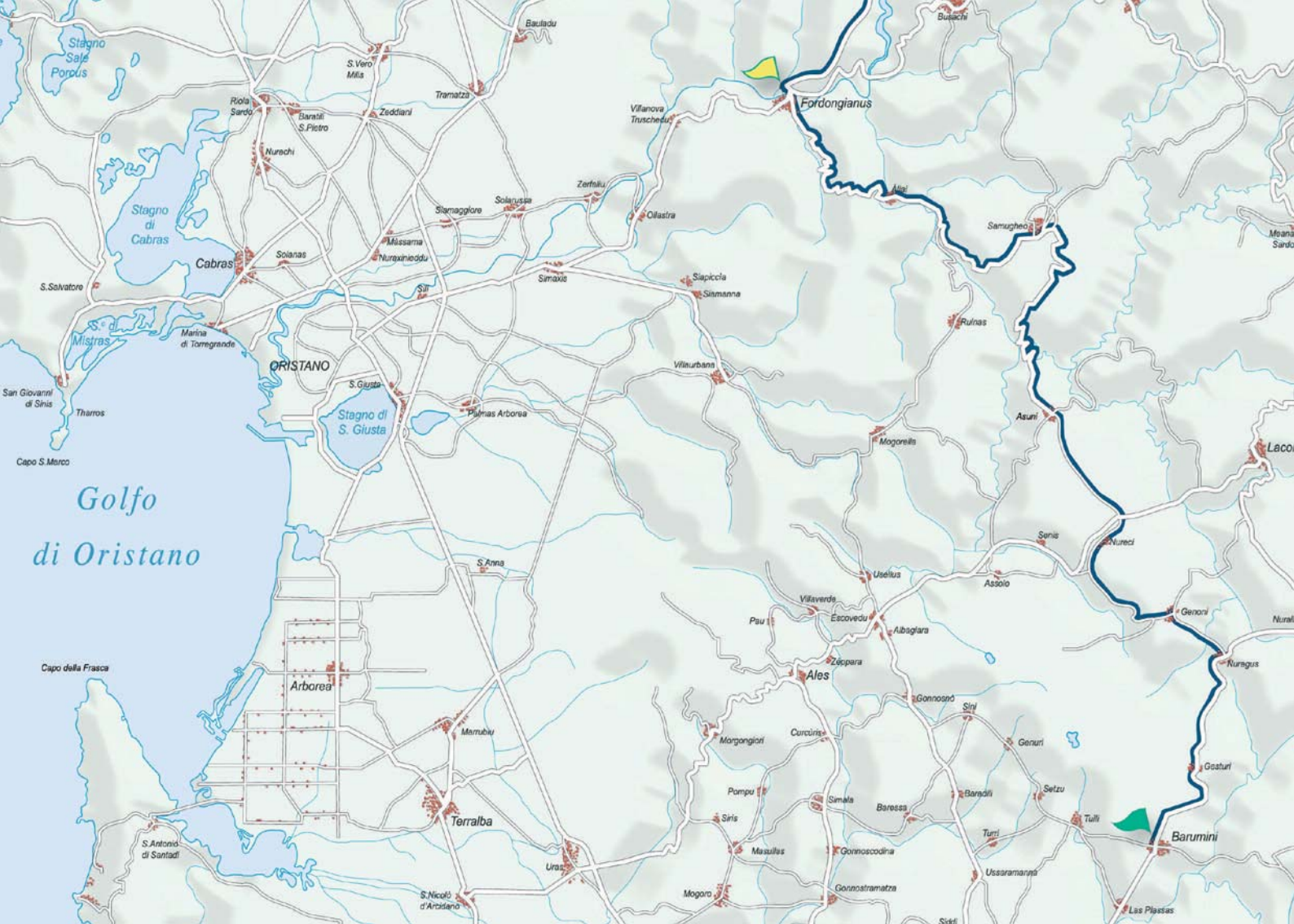
Tot. stage Km **93,05** - Ascent stage m **1574** - Tot. route Km **304,85**

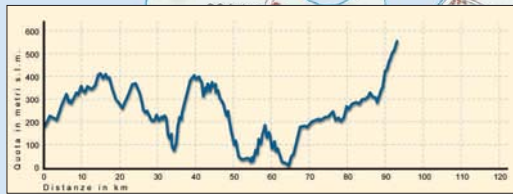
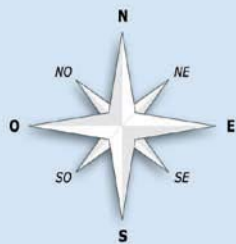
Level of difficulty: **demanding**

Highlights

Su Nuraxi, Barumini - Roman bath, Fordongianus

Location	km	Total Kms	Ascent		Direction
Barumini, church crossroads	0	0	0	▲	Set off from the church towards Gesturi
Gesturi	4,3	4,3	50	↑	Cross Gesturi towards Nuragus
Genoni crossroads	7	11,3	120	←	Turn left towards Genoni
crossroads	3,9	15,2	150	↗	Go on keeping the right towards Oristano
Archaeological area crossroads	0,6	15,8	299	→	Turn right towards Oristano
Oristano crossroads	0,4	16,2	331	←	Turn left towards Oristano
Nureci crossroads	4,4	20,6	333	→	Turn right towards Nureci
Nureci	1,4	22	380	↑	Cross the village towards Laconi Asuni . (Water source)
Asuni crossroads	1,6	23,6	435	↑	Cross the SS 442 and go straight on towards Asuni
Samugheo	20,4	44	802	←	At the roundabout at the entrance of the village turn left towards Allai
Allai crossroads	10	54	825	↖	Go on keeping the left on the main road towards Allai
Fordongianus crossroads	5	59	962	→	Turn right towards Fordongianus
Fordongianus	5	64	980	↑	Cross the village towards Paulilatino - Abbasanta
Bridge - Fordongianus exit	0,5	64,5	980	↗	Go on towards Abbasanta. After the bridge, turn left towards Abbasanta
Paulilatino crossroads	7,7	72,2	1163	←	Leave the SP 23 and turn left towards Paulilatino
Paulilatino entrance	7,7	79,9	1260	↖	Enter Paulilatino
Paulilatino traffic light	1,2	81,1	1275	↑	Go straight on, at the next two traffic lights too
Paulilatino exit	0,8	81,9	1285	↑	Go straight on towards Oristano - Bonarcado and go over the overbridge
crossroads after the overbridge	0,3	82,2	1287	↗	Turn right keeping the right towards Santulussurgiu
Santulussurgiu crossroads	9,6	91,8	1535	←	Turn left towards Santulussurgiu
Santulussurgiu entrance	1,25	93,05	1574	▽	Entrance close to San Leonardo crossroads - End of the stage





Capo S. Marco

Golfo

Route Ovest

STAGE 4

SANTULUSSURGIU - POZZOMAGGIORE - ALGHERO



Monteleone
Rocca Doria

Stage 4

Santulussurgiu - Pozzomaggiore - Alghero

Tot. stage Km **96** - Ascent stage m **1314** - Tot. route Km **400,85**

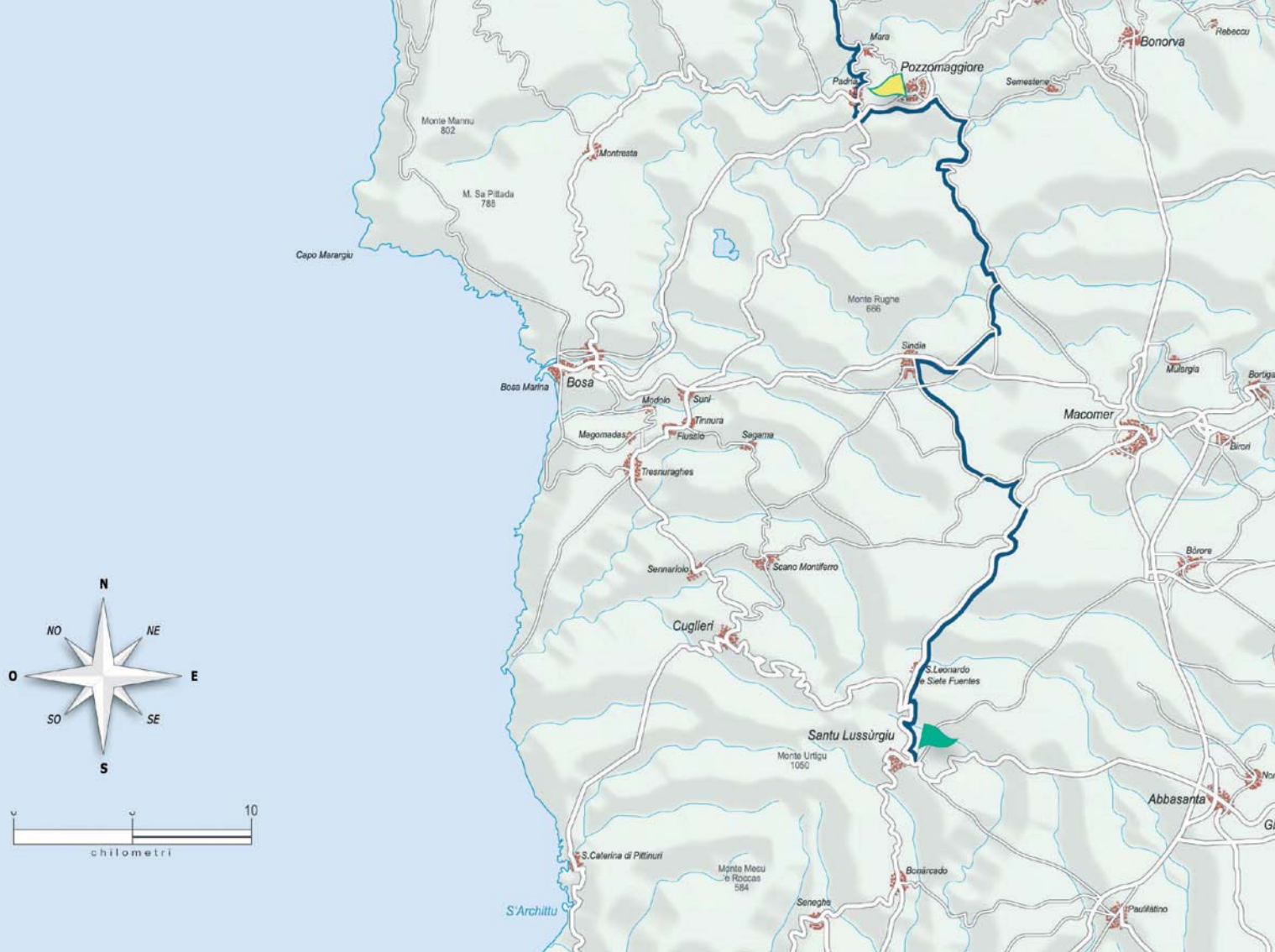
Level of difficulty: **demanding**

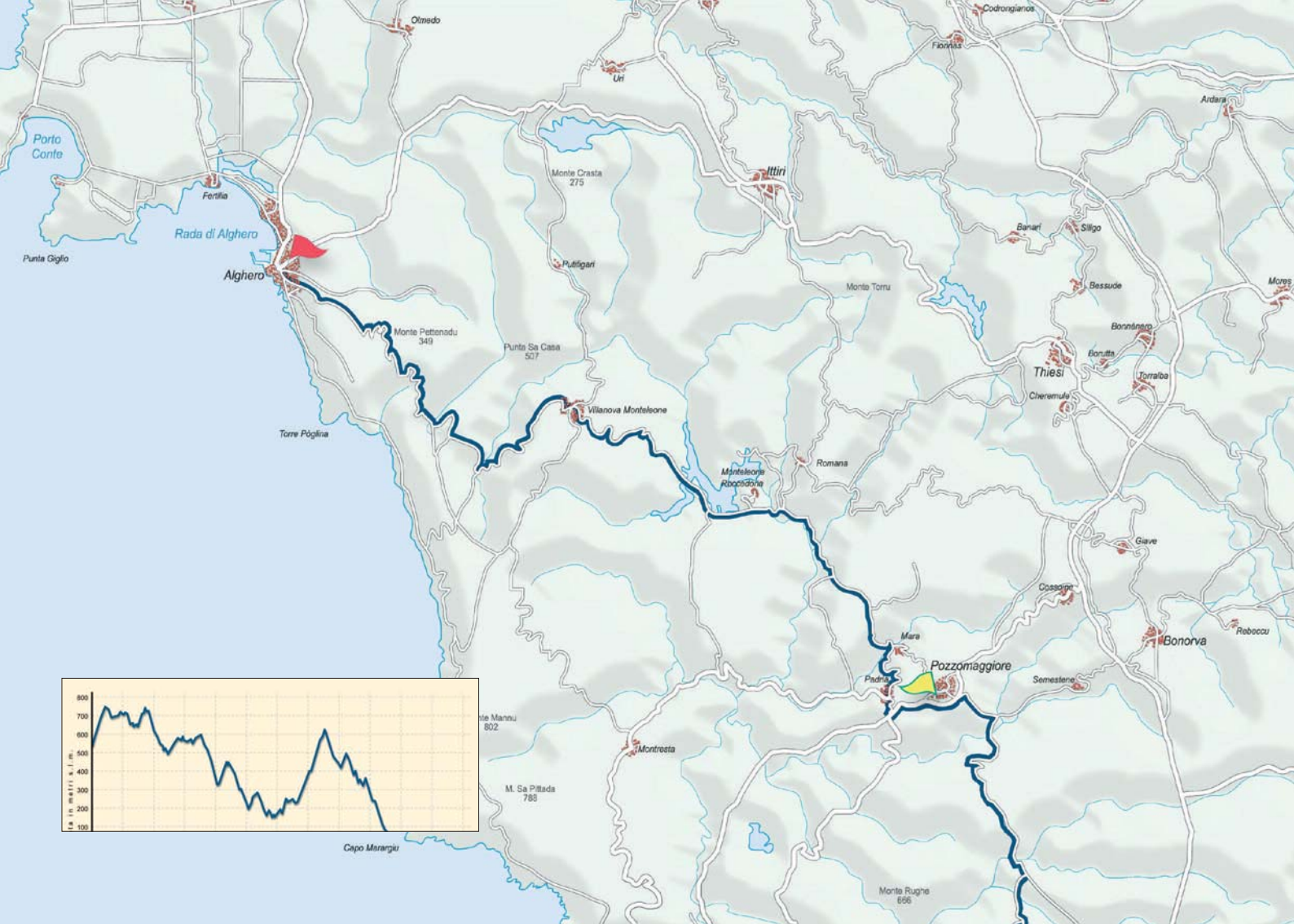
Highlights

The Montiferru forests - The Monte Leone Roccadoria peak

The lake Temo

Location	km	Total Kms	Ascent		Direction
Santulussurgiu	0	0	0	▲	Set off from the exit for San Leonardo towards San Leonardo
San Leonardo crossroads	4,2	4,2	192	→	Turn right towards San Leonardo
San Leonardo	1,6	5,8	193	↑	go straight on. (Water source)
Monte Sant'Antonio crossroads	8,9	14,7	232	←	Turn left towards Monte Sant'Antonio - Tombe dei Giganti Tamuli
crossroads	0,9	15,6	283	↖	Go on keeping the left towards Monte Sant'Antonio
Fork	1,55	17,15	323	↗	Leave the main road and go on keeping the right
crossroads	2,65	19,8	324	→	Turn right! Read what follows
crossroads	0	19,8	324	←	Turn left after 30 m from the previous point
Junction before Sindia	3,1	22,9	325	↑	Go straight on passing under the bridge and enter Sindia
Sindia exit for Macomer	1,9	24,8	355	↑	Cross the village towards Macomer. (Water source)
crossroads for the holiday farm	1,4	26,2	390	←	Turn left towards Agriturismo Nuraghe Elighe (holiday farm)
Junction	2,8	29	415	↖	Go on keeping the left follow the descending road
Junction	2,6	31,6	424	←	Turn left on the main road
Pozzomaggiore crossroads	9,4	41	482	←	Turn left follow the ascent towards Pozzomaggiore
Pozzomaggiore crossroads	2,4	43,4	579	←	Turn left on the SS 292 towards Padria
Padria crossroads	3,1	46,5	587	→	Turn right on the SS 292 towards Padria - Alghero. Stay on this road until Alghero
Padria entrance	0,6	47,1	587	↑	Cross the village towards Villanova Monte Leone - Alghero. (Water source)
Villanova Monte Leone entrance	26	73,1	1095	↑	Cross the village towards Alghero. (Water source)
Villanova Monte Leone exit	1,9	75	1162	↑	Go straight on the SS 292 until Alghero.
Alghero litoranea - Bosa crossroads	5	80	1186	↑	Go straight on the descent on the SS 292
Alghero entrance	16	96	1314	▽	End of the stage





Route Nord Ovest

STAGE 1

ALGHERO - STINTINO - CASTELSARDO



Porto Conte bay,
Alghero

Stage 1

Alghero - Stintino - Castelsardo

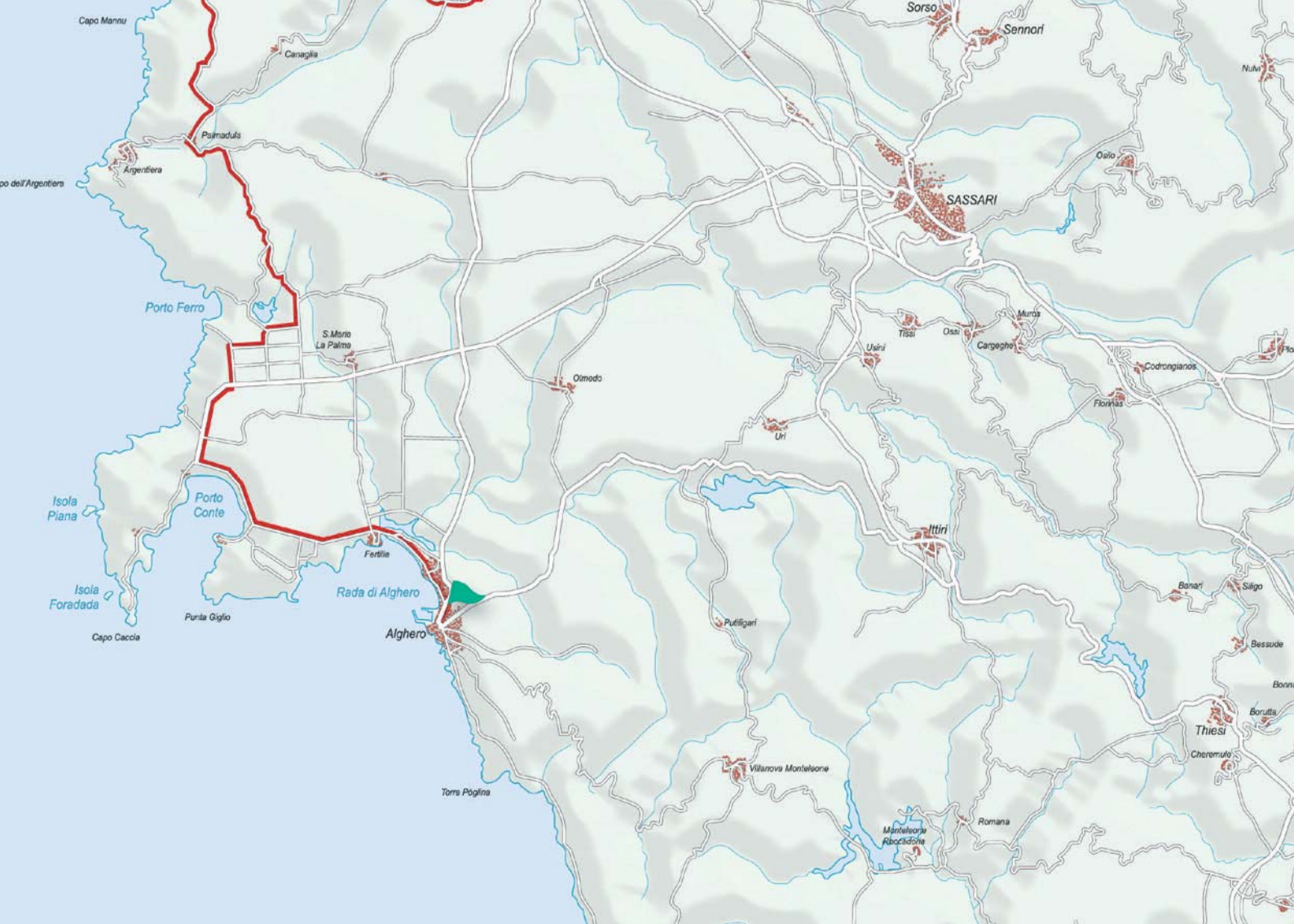
Tot. stage Km **98,2** - Ascent stage m **739** - Tot. route Km **98,2**

Level of difficulty: **medium**

Highlights

La Pelosa beach and the Asinara island
Castelsardo

Location	km	Total Kms	Ascent		Direction
Porto di Alghero	0	0	0	▲	Set off following the seaside until Fertilia
Fertilia traffic light	5,65	5,65	19	↑	At the traffic light take the cycle lane on the right side of the road
End of the cycle lane	2,75	8,4	57	↑	Go onto the road and go straight on, Nuraghe Palmavera after 800 m
Porto Conte crossroads	2,6	11	68	→	Turn right towards Capo Caccia - Porticciolo on the SP 55
Capo Caccia crossroads	3,9	14,9	91	→	Turn right towards Sassari - Porticciolo
Porto Ferro crossroads	3,9	18,8	125	←	Turn left towards Porto Ferro
Via Pattada crossroads	1,4	20,2	127	→	Turn right towards Via Pattada
Via dei Grifoni crossroads	1,5	21,7	170	←	Turn left towards Via dei Grifoni
Lago Baratz crossroads	0,7	22,4	142	→	Turn right towards Via dei Fenicotteri, Lago Baratz info point
SP 69 crossroads	1,3	23,7	150	←	Turn left towards Palmadula
Stintino crossroads	9	32,7	293	←	Turn left towards Palmadula
Crossroads inside Palmadula	1,7	34,4	317	→	Enter Palmadula and turn right towards Stintino at the crossroads
Stintino - Canaglia crossroads	1,6	36	318	←	Turn left towards Stintino
Pozzo San Nicola (well) crossroads	12,4	48,4	419	→	Turn right towards Alghero - P. Torres on the SP 34. (turn left to go to Stintino)
Canaglia crossing	4,3	52,7	455	↖	Turn left towards Porto Torres
Porto Torres roundabout	7,5	60,2	489	↑	Go straight on towards Porto Torres on the SS 34. (forced passage 5km industrial area side)
P. Torres Industrial area crossroads	1,4	61,6	496	←	Turn left towards Porto Torres and go straight on
Porto Torres roundabout	2,65	64,25	501	←	Turn left and go on inside the village until you get to the square
Square of Porto Torres	1,15	65,4	509	←	Turn left towards the seaside
Porticciolo	0,7	66,1	510	→	Turn right following the directions for Santa Teresa di Gallura
Traffic light at Porto Torres exit	2,8	68,9	549	↑	Go straight on towards Platamona Castelsardo - Santa Teresa di Gallura
SS 200 crossroads	16,8	85,7	643	←	Turn left on the SS 200 towards Lu Bagnu - Castelsardo - Santa Teresa di Gallura
Castelsardo - Traffic light at the gat	12,5	98,2	739	▽	After the traffic light, turn left and enter Castelsardo. End of the stage



Asinara



Route Nord Ovest

STAGE 2

CASTELSARDO - VIGNOLA - SANTA TERESA



Castelsardo

Stage 2

Castelsardo - Vignola - Santa Teresa

Tot. stage Km **68,6** - Ascent stage m **722** - Tot. route Km **166,8**

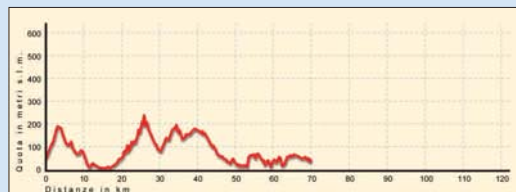
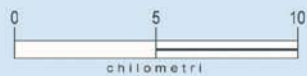
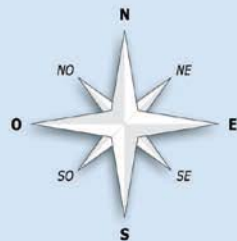
Level of difficulty: **easy**

Highlights

The Costa Paradiso road - Capo Testa

Location	km	Total Kms	Ascent		Direction
Castelsardo exit	0	0	0	▲	Set off from the cemetery of Castelsardo towards Sedini - Bulzi
Valledoria crossroads	3,7	3,7	109	←	Turn left towards Valledoria
Valledoria crossroads	1,9	5,6	109	←	Turn left towards Valledoria - Santa Teresa di Gallura
Valledoria la Ciaccia crossroads	2,6	8,2	119	←	Turn left towards Valledoria
Muddizza	0,8	9	120	↑	Cross the village of Muddizza towards Valledoria
Valledoria	2,3	11,3	125	↑	Valledoria entrance
Crossroads with the main road	5,3	16,6	156	↑	Go back to the main road towards Santa Teresa di Gallura
Badesi crossroads	3,8	20,4	231	↑	Go straight on towards Santa Teresa di Gallura
Trinità d'Agultu Isola Rossa crossroads	5,6	26	367	↑	Go straight on towards Santa Teresa di Gallura
Vignola crossroads	24,6	50,6	555	↑	Go straight on towards Santa Teresa di Gallura
Santa Teresa di Gallura entrance	18	68,6	722	▽	End of the stage





Route Nord Ovest

STAGE 3

SANTA TERESA - TEMPIO - VIDDALBA



The Moon valley,
Agius

Stage 3

Santa Teresa - Tempio - Viddalba

Tot. stage Km **91,7** - Ascent stage m **1164** - Tot. route Km **260,6**

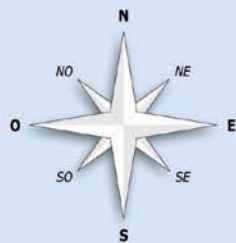
Level of difficulty: **demanding**

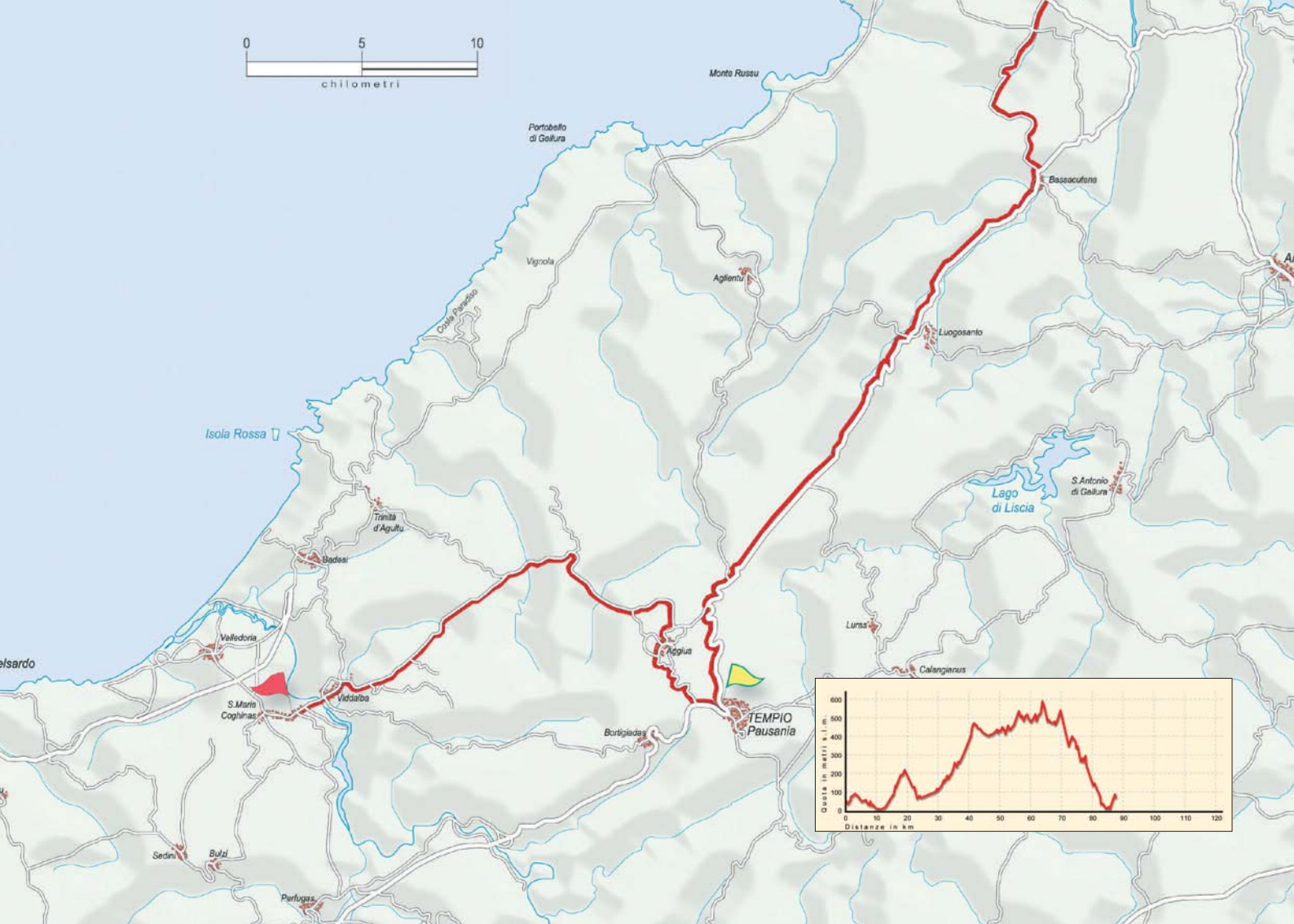
Highlights

Tempio pausania

The moon valley in Aggius

Location	km	Total Kms	Ascent		Direction
Santa Teresa -Olbia Palau exit	0	0	0	▲	Set off towards Palau, turn left at the crossroads outside the village
Porto Pozzo entrance	9,9	9,9	73	↑	Go straight on
Bassacutena crossroads	1,8	11,7	82	→	Turn right towards Bassacutena - Connection to the SS 133
ANAS signalman's house crossroads	11,4	23,1	280	→	Turn right towards Tempio - Bassacutena
Bassacutena entrance	0,5	23,6	290	↑	Cross Bassacutena towards Tempio
Aggius junction	26,2	49,8	290	↖	Turn left towards Tempio
Tempio entrance	5,6	55,4	826	↑	Cross the village towards Sassari
Tempio - Sassari exit	9	64,4	890	↑	At the petrol station go on the descent road towards Sassari
Aggius crossroads	1,5	65,9	890	→	Turn right towards Aggius
Aggius	4,1	70	935	↑	Cross the village towards Valle della Luna - Strada panoramica (Scenic road)
Aggius exit	1,1	71,1	970	←	At the exit of the village turn left towards Valle della luna - Strada panoramica
Trinità d'Agultu-Valle della Luna crossroads	0,9	72	1026	→	After leaving Aggius turn right towards Valle della Luna
Junction	1,9	73,9	1035	←	Turn left towards Trinità d'Agultu
crossroads	4,4	78,3	1096	↖	Go on the same road keeping the left
Viddalba crossroads	3,3	81,6	1138	←	Turn left towards Viddalba (water source)
Viddalba roundabout	10,1	91,7	1164	▽	End of the stage





Route Nord Ovest

STAGE 4

VIDDALBA - OSILO - ALGHERO



Alghero

Stage 4

Viddalba - Osilo - Alghero

Tot. stage Km **101,6** - Ascent stage m **1319** - Tot. route Km **362,2**

Level of difficulty: **demanding**

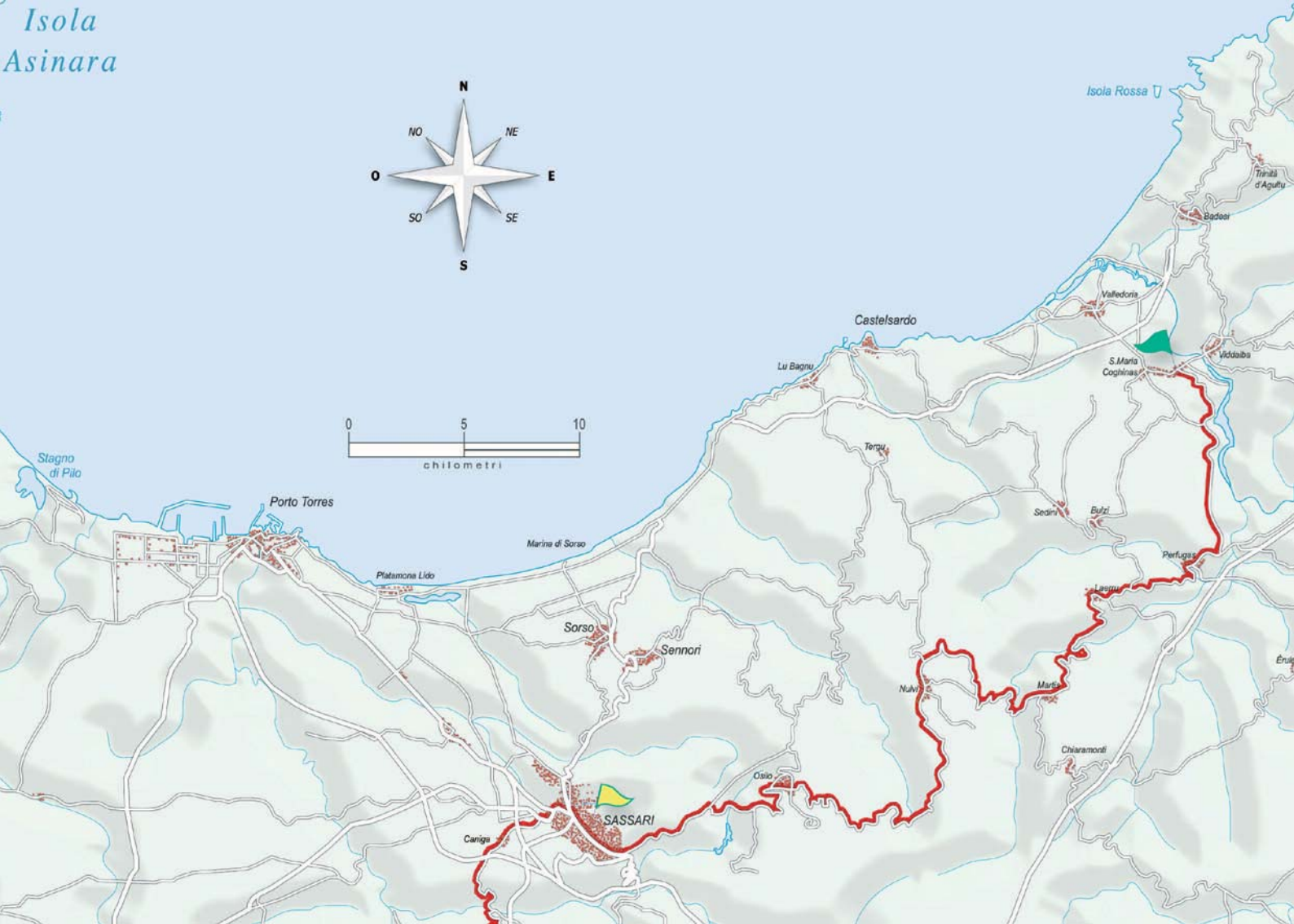
Highlights

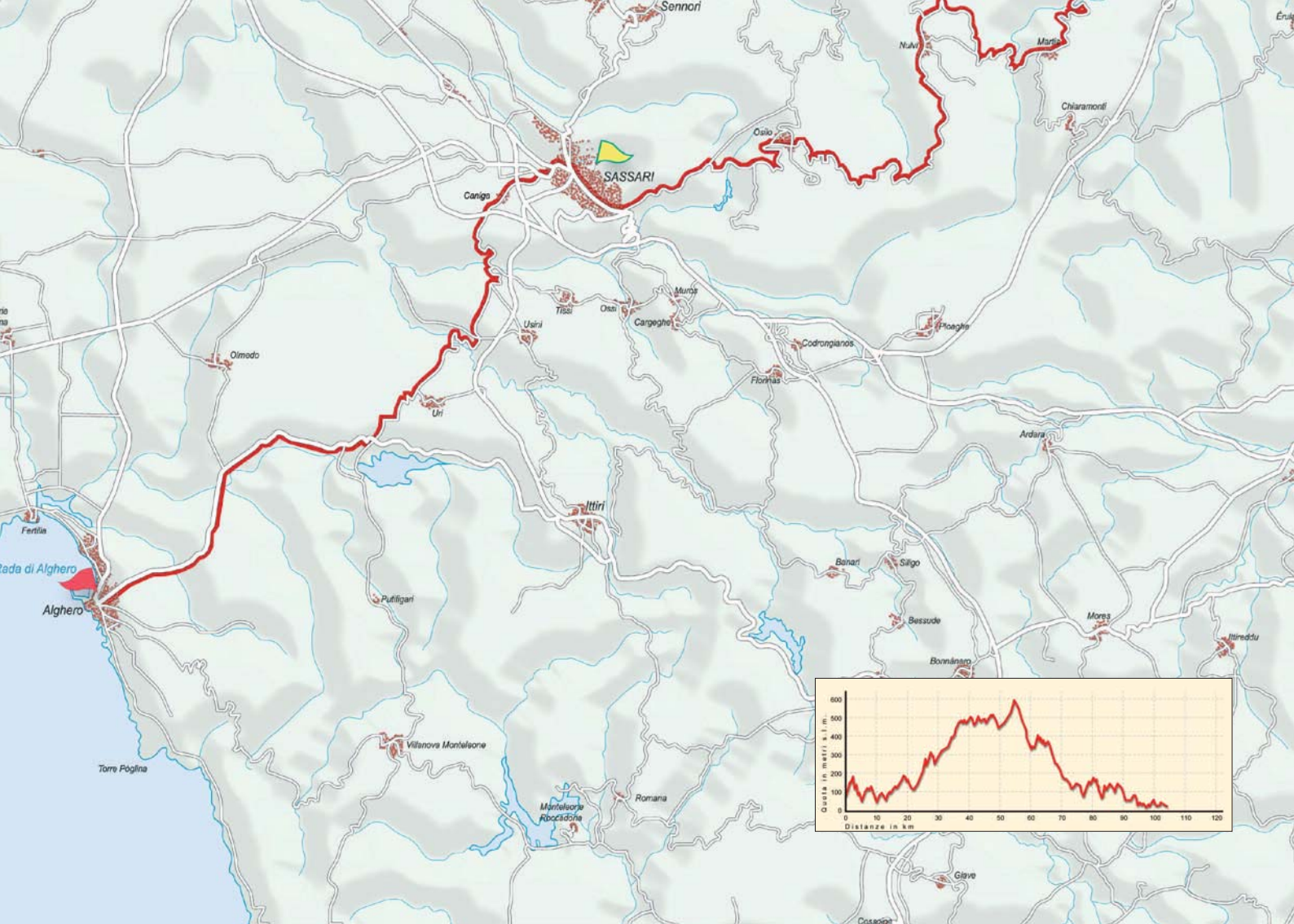
Goceano countryside

Alghero ancient districts - Capo Caccia cliffs

Location	km	Total Kms	Ascent		Direction
Roundabout - Viddalba exit	0	0	0	▲	Set off passing the bridge towards Santa Maria Coghinas
Santa Maria Coghinas	1,2	1,2	0	↑	Go on towards Perfugas
SS 127 crossroads	10,4	11,6	227	→	Turn right towards Perfugas
Perfugas	1	12,6	257	↑	Cross Perfugas towards Laerru - Martis
Laerru	6,7	19,3	375	↑	Cross the village towards Martis
Martis	8,3	27,6	557	↑	Cross the village towards Nulvi - Osilo - Sassari
Martis exit	1	28,6	557	↑	Go on the main road (not towards Ozieri)
Castelsardo crossroads	8	36,6	609	↑	Go straight on towards Nulvi
Nulvi	1,5	38,1	669	↑	Cross the village towards Osilo
Chiaramonti crossroads	5	43,1	699	↑	Go straight on towards Osilo
Osilo	13,5	56,6	909	↑	Cross the village following the main road towards Sassari old road
Osilo crossroads (new road)	9,5	66,1	1049	↖	Go on keeping the left towards Sassari
Sassari, entrance from Serra Secca	2,5	68,6	1049	↗	The distance in kilometers starts again at the exit of the town.
Sassari, piazza Santa Maria	0	68,6	1049	↑	Set off towards Alghero through the underpass
Caniga crossroads	0,5	69,1	1049	←	Take the second road on the left after the underpass towards Caniga - Usini - Uri
Porto Torres crossroads	0,5	69,6	1049	↑	Go straight on also at the next crossroads
Caniga crossroads	1,1	70,7	1055	↑	Go straight on towards Usini - Uri
Alghero - Porto Torres crossroads	0,8	71,5	1079	↑	Go straight on towards Usini - Uri
Uri crossroads	12,3	83,8	1265	↑	Go straight on at both crossroads towards Alghero
Olmedo crossroads	10,6	94,4	1299	↑	Go straight on towards Alghero
Alghero entrance	7,2	101,6	1319	▽	End of the stage

Isola Asinara





Route Nord Est

STAGE 1

OLBIA - BUDONI - BUDDUSÒ



Flamingos
near San Teodoro

Stage 1

Olbia - Budoni - Buddusò

Tot. stage Km **92** - Ascent stage m **1430** - Tot. route Km **92**

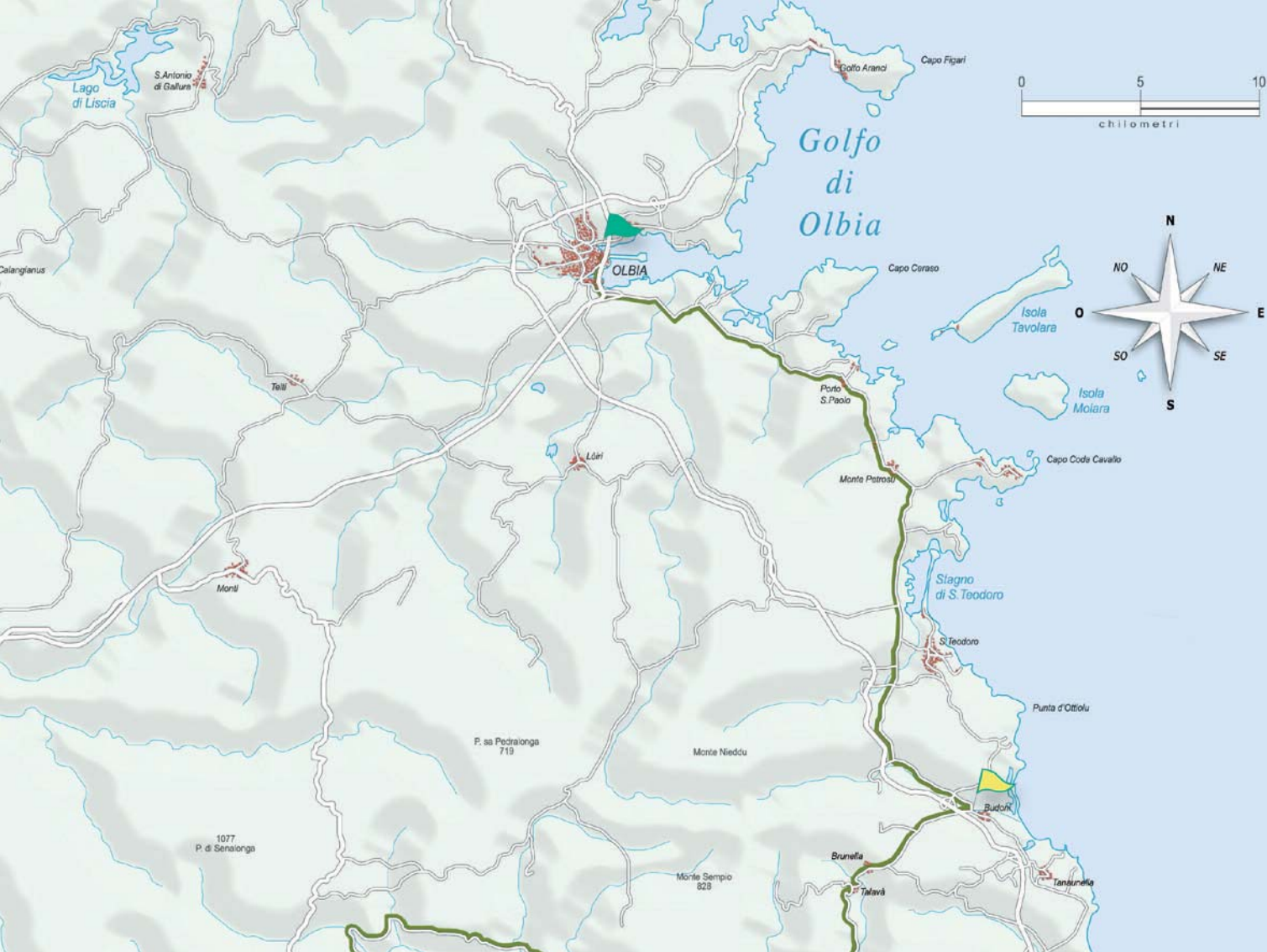
Level of difficulty: **demanding**

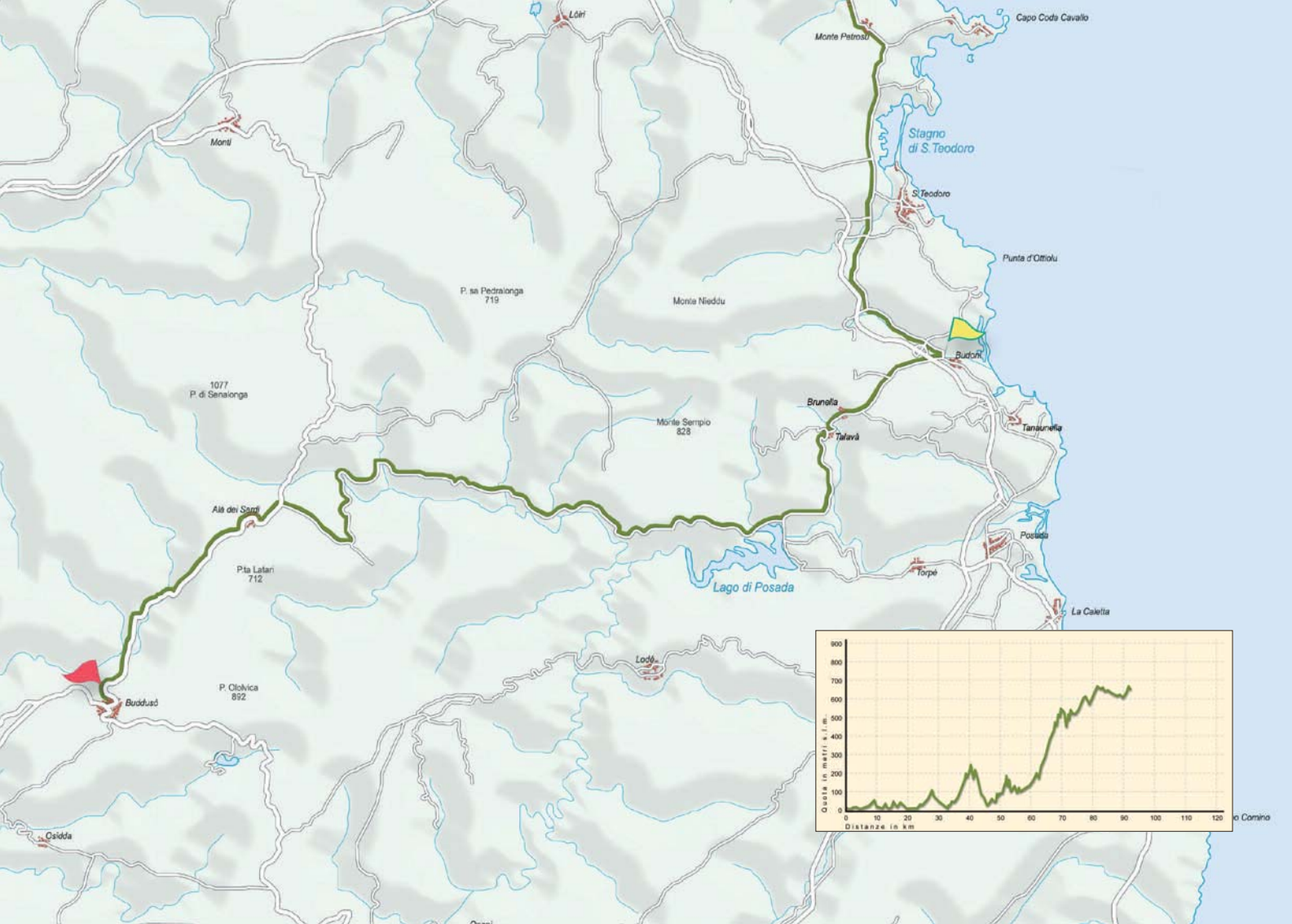
Highlights

Tavolara island

Granite in Buddusò

Location	km	Total Kms	Ascent		Direction
Olbia - Porto San Paolo crossroads	0	0	0	▲	Set off from the huge rotonda towards Porto San Paolo
Roundabout	6,6	6,6	37	↑	Go straight on for Porto San Paolo
San Paolo port	3,4	10	80	↑	Go straight on
Capo Coda Cavallo	6,7	16,7	132	↑	Go straight on
Padru crossroads	6	22,7	154	↑	Go straight on
San Teodoro crossroads	0,5	23,2	161	↑	Go straight on for Budoni
Agrustos crossroads	8,7	31,9	250	↑	Go straight on
Roundabout Budoni exit	0,9	32,8	252	→	Turn right for Talavà passing under the overbridge
Brunella crossroads	6,2	39	424	→	Turn right to Talavà-Lago Posada
Talavà	1,2	40,2	475	↑	Go straight on for Lago Posada
Torpè crossing	5,1	45,3	479	↑	Go straight on for Diga Concas
Second Torpè crossing	1,7	47	507	↗	Go on keeping the right for Alà dei Sardi
Crossing on the right	3	50	690	↑	Go straight on along the same road. (Water source at km 67)
Monti - Padru crossroads	19	69	1108	↑	Go straight on for Alà dei Sardi
Sonorcolos crossing	6,6	75,6	1230	↑	Go straight on for Alà dei Sardi
Alà dei Sardi crossing	3,8	79,4	1290	←	Turn left for Alà dei Sardi
Alà dei Sardi	1,4	80,8	1357	↑	Cross the village towards Buddusò
Buddusò	11,2	92	1430	▽	Enter Buddusò - End of the stage





Route Nord Est

STAGE 2

BUDDUSÒ - DORGALI - NUORO



Oliena
and the Corrasi
mountain

Stage 2

Buddusò - Dorgali - Nuoro

Tot. stage Km **87,2** - Ascent stage m **1240** - Tot. route Km **179,2**

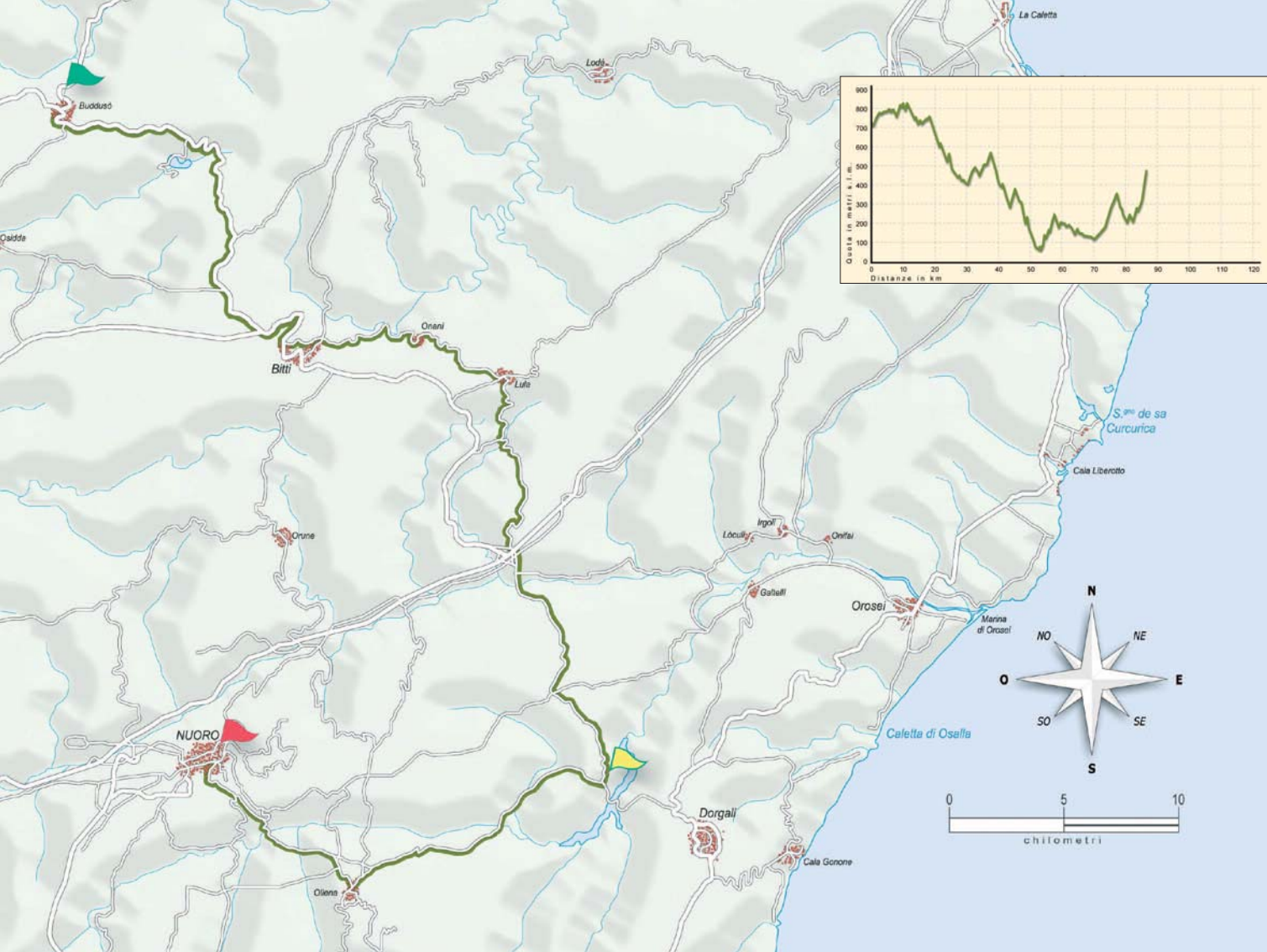
Level of difficulty: **demanding**

Highlights

Oliena and dorgali valleys

Supramonte range - Museums of Nuoro

Location	km	Total Kms	Ascent		Direction
Buddusò - Nuoro Bitti exit	0	0	0	▲	Set off towards Nuoro
Osidda crossing	18,4	18,4	205	↑	Go straight on
Nule crossing	0,5	18,9	206	↖	Go on keeping the left for Bitti
Bitti - Lula crossroads	3,7	22,6	207	←	Turn left for Lula and cross Bitti towards Onani
Crossroads	2,4	25	243	→	Turn right in descent! Read the following point
Onani crossing	0,1	25,1	243	←	Turn left for Onani - Lula
Onani entrance	6,1	31,2	270	↑	Go straight on for Lula
Lula entrance	5	36,2	368	↑	Cross the village towards Nuoro
Crossroads after the overbridge	16	52,2	520	↑	Go straight on for Oliena
Dorgali crossroads	7,5	59,7	700	↑	Go straight on for Dorgali
"Su Gologone" crossroads	5,2	64,9	729	→	Turn right for Oliena
Oliena entrance	12,3	77,2	944	↑	Cross the village towards Nuoro
Nuoro - Orgosolo crossroads	8,4	85,6	1113	→	Turn right for Nuoro
Nuoro entrance	1,6	87,2	1240	▽	End of the stage



Route Nord Est

STAGE 3

NUORO - BURGOS - PATTADA



Burgos and its castle

Stage 3

Nuoro - Burgos - Pattada

Tot. stage Km **87,3** - Ascent stage m **1684** - Tot. route Km **266,5**

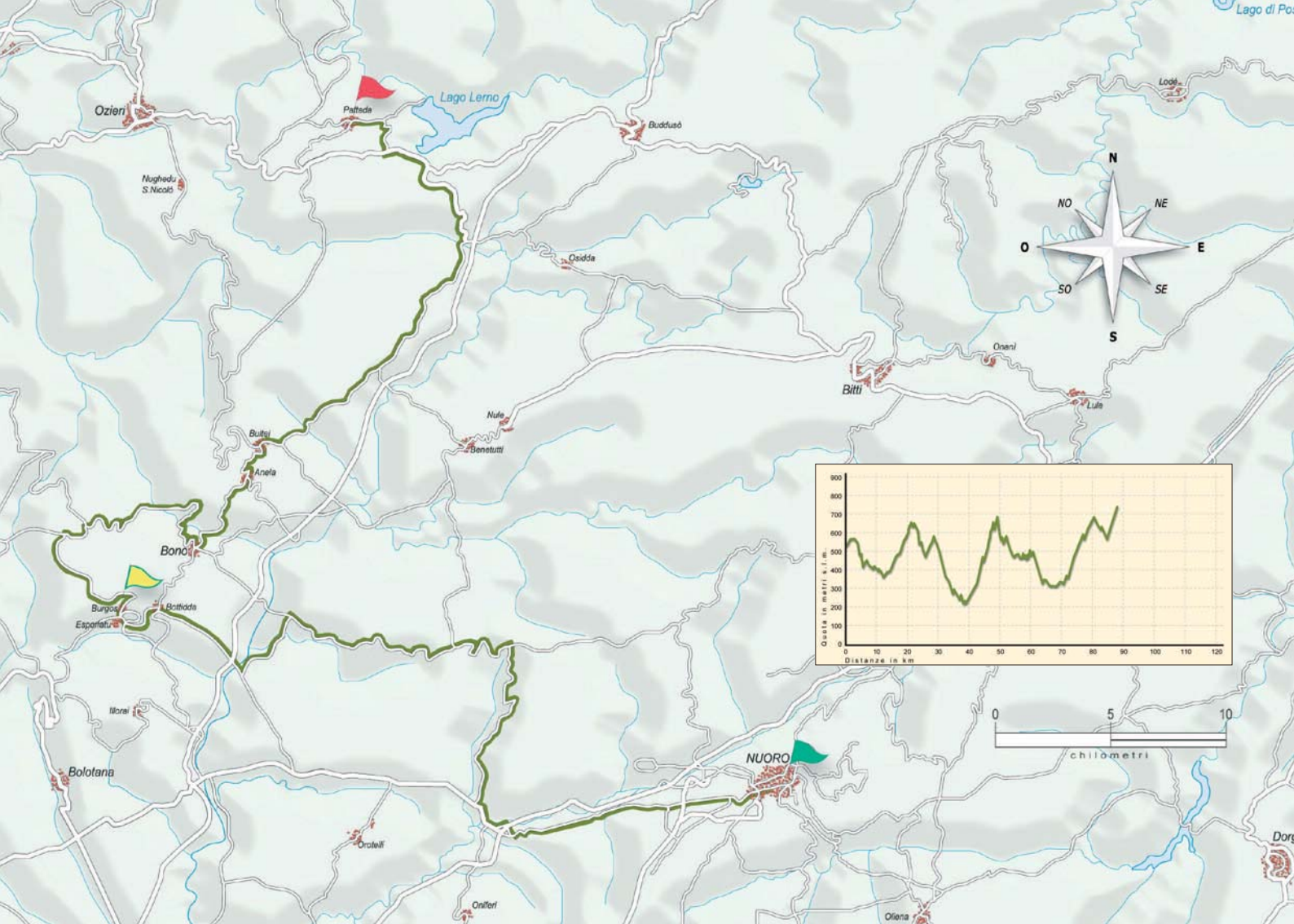
Level of difficulty: **hard**

Highlights

Forest and Castle in Burgos

Traditional Knives in Pattada

Location	km	Total Kms	Ascent		Direction
Nuoro	0	0	0	▲	Set off from crossroad between viale murighessa-viale resistenza and leave Nuoro
Crossroads with the SS 131DCN	11	11	33	↑	Go straight on, also at the crossroad after the overbridge
S'Inforcau bar crossroad	2	13	50	↗	Leave the main road and turn right towards Nuraghe Brodu
Holiday farm crossroads	9,3	22,3	330	←	Turn left
Nuoro - Bono crossroads	3,2	25,5	330	←	Turn left towards Bono
crossroads	9,8	35,3	470	←	Turn left for Bottida at the crossroads with no signs
Junction	3,4	38,7	470	→	Turn right towards Bottida - Burgos
Olbia crossroads	0,5	39,2	500	↑	Go straight on for Burgos
Bottida	3,8	43	666	↑	Cross the village towards Burgos
Burgos crossroads	2,3	45,3	761	→	Turn right for Burgos
Burgos	1	46,3	820	↑	Cross the village towards Foresta Burgos
Bono - Anela crossroads	2,4	48,7	962	→	Turn right towards Bono
First Bono crossroads	1,5	50,2	962	←	Turn left towards via Veneto
Bono entrance	1,1	51,3	1024	←	Turn left towards Circonvallazione Nord and leave for Anela
Anela	6,1	57,4	1072	↑	Cross the village towards Bultei
Bultei	2,8	60,2	1116	↑	Go straight on towards Pattada
Benetutti - Nule crossroads	8,6	68,8	1160	↑	Go straight on towards Pattada
Olbia Buddusò crossroads	8,3	77,1	1421	↑	Go straight on towards Pattada
Olbia Buddusò crossroads	5,3	82,4	1519	↑	Go straight on towards Pattada
Pattada crossroads	1,7	84,1	1520	→	Turn right towards Pattada
Pattada	3,2	87,3	1684	▽	End of the stage



Route Nord Est

STAGE 4

PATTADA - BERCHIDDA - TEMPIO



Lake Coghinas

Stage 4

Pattada - Berchidda - Tempio

Tot. stage Km **67** - Ascent stage m **1000** - Tot. route Km **83,8**

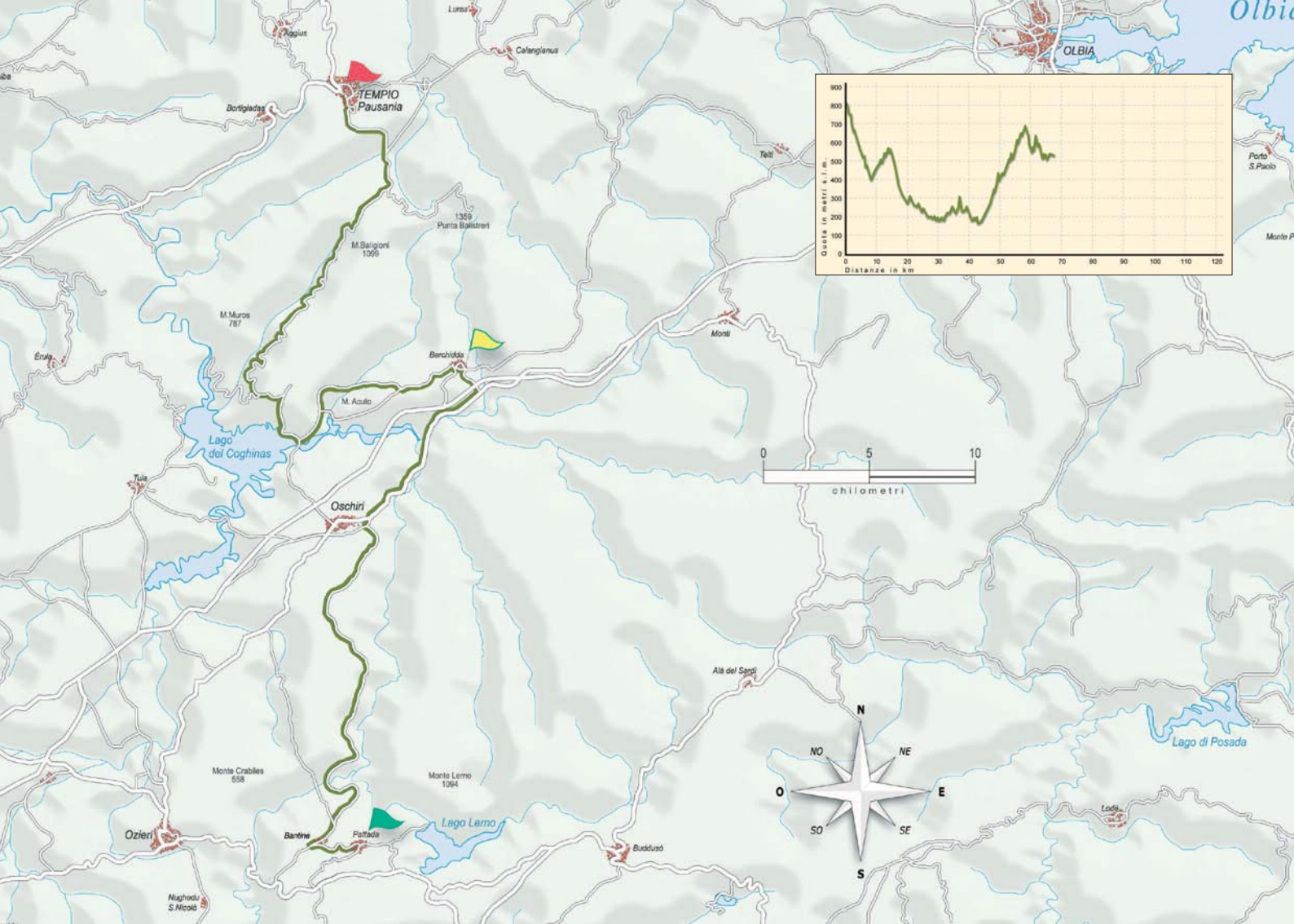
Level of difficulty: **medium**

Highlights

Vineyards in Berchidda

Lake Coghinas

Location	km	Total Kms	Ascent		Direction
Pattada, Belvedere Bantine exit	0	0	0	▲	Set off from the descent road towards Bantine
Ozieri crossroads	2,2	2,2	0	↗	Turn right towards Bantine - Oschiri
Bantine crossroads	0,3	2,5	0	↗	Leave Bantine on the left and go on towards Oschiri (water source at km 12,3)
Olbia crossroads	22,2	24,7	225	→	turn right towards Olbia Km 26 exit towards Filigosu
Berchidda crossroads	7,3	32	231	←	Turn left towards the "Strada del Vermentino"
nuraghe Mannu crossroads	1,1	33,1	270	↗	Go on keeping the right towards Berchidda
crossroads before Berchidda	0,6	33,7	277	←	Turn left towards Monte Acuto - Lago Coghinas
crossroads	0,7	34,4	309	↗	Go on keeping the right towards Lago Coghinas - Monte Acuto
Lago Coghinas - M. Acuto crossroads	1,1	35,5	309	↗	Go on keeping the right towards Lago Coghinas. (water source at Km # 37,6)
crossroads	5,5	41	405	↖	Go on keeping the left
Lago Coghinas junction	1,7	42,7	433	→	Turn right towards Tempio
Limbara pass crossroads	15,4	58,1	925	↑	Go straight on
Vallicciola crossing	3,4	61,5	957	↑	Go straight on towards Tempio
Calangianus crossing	2,3	63,8	958	↑	Go straight on towards Tempio
Tempio	3,2	67	1000	▽	End of the stage



Route Nord Est

STAGE 5

TEMPIO - PALAU - OLBIA



Palau and the
archipelagus
of La Maddalena

Stage 5

Tempio - Palau - Olbia

Tot. stage Km **120,8** - Ascent stage m **1624** - Tot. route Km **454,3**

Level of difficulty: **hard**

Highlights

Capo d'Orso and La Maddalena archipelagus

The Costa Smeralda

Location	km	Total Kms	Ascent		Direction
Tempio - Olbia Calangianus exit	0	0	0	▲	Set off towards, descent road
Nuchis crossing	2	2	0	←	Turn left towards Nuchis, cross it and go on towards Calangianus
SS 127 crossroads	3,9	5,9	72	←	Turn left towards Calangianus
La Maciona roundabout	16	21,9	273	↑	Go on towards Sant'Antonio di Gallura, cross it and go on towards Arzachena
Arzachena	22	43,9	625	←	Turn left at the crossroad Palau - Cannigione
Arzachena	0,7	44,6	630	→	! Turn right in via Chiodino Raimondo before the gardens
Palau Salt pits crossroads	2,2	46,8	692	←	Turn left towards Palau Saline
Cannigione crossroads	8,5	55,3	898	→	Turn right towards Cannigione. For Palau half-stage go straight on
crossroads after the salt pits	0,9	56,2	858	↖	After 200 m of dirt road turn left towards Cannigione
Baia Sardinia crossroads	10,4	66,6	923	←	Turn left towards Baia Sardinia
Porto Cervo crossroads	1,9	68,5	936	←	Turn left towards Porto Cervo
Baia Sardinia crossroads	6,6	75,1	998	→	Turn right towards Porto Cervo
Porto Cervo crossroads	3,8	78,9	1078	→	Turn right towards Porto Cervo
Olbia roundabout	5,9	84,8	1210	←	Turn left towards Olbia
Romazzino crossroads	1,5	86,3	1225	→	Turn right towards Olbia - Golfo Aranci
Portisco crossroads	8,1	94,4	1369	←	Turn left towards Olbia - Golfo Aranci
Golfo Aranci crossroads	5,8	100,2	1382	←	Turn left towards Olbia - Golfo Aranci
Golfo Aranci crossroads	4,2	104,4	1469	←	Turn left towards Golfo Aranci
Olbia crossroads	4,6	109	1518	→	Turn right towards Olbia
Pittulongu crossroads	5,3	114,3	1572	→	Turn right towards Pittulongu - Bados
Olbia entrance	6,5	120,8	1624	▽	End of the stage. ! Traffic up to Olbia's city centre



Route Est

STAGE 1

OLIENA - FONNI - ARITZO



Lake Gusana
near Gavoi

Stage 1

Oliena - Fonni - Aritzo

Tot. stage Km **81,5** - Ascent stage m **2780** - Tot. route Km **81,5**

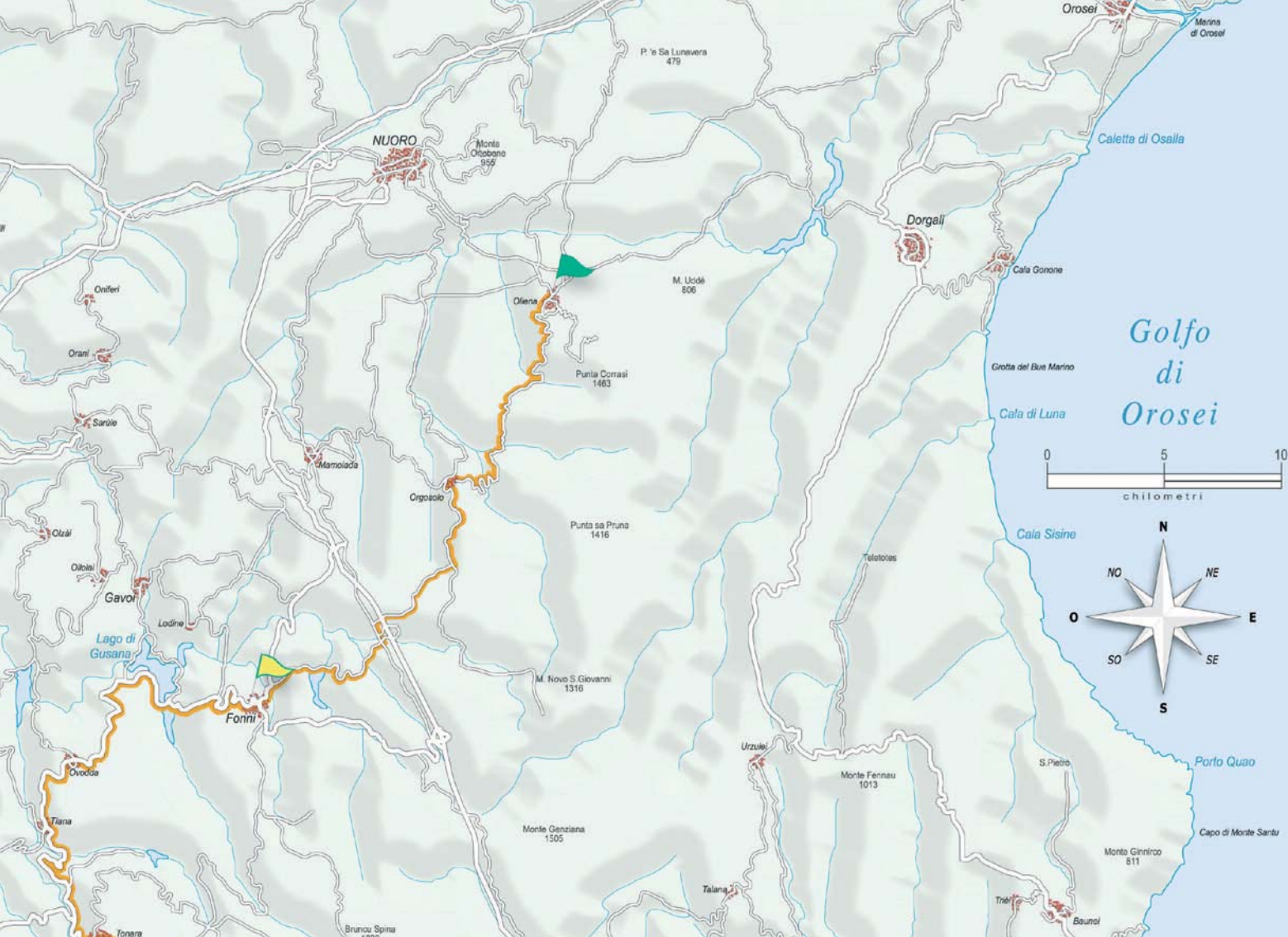
Level of difficulty: **hard**

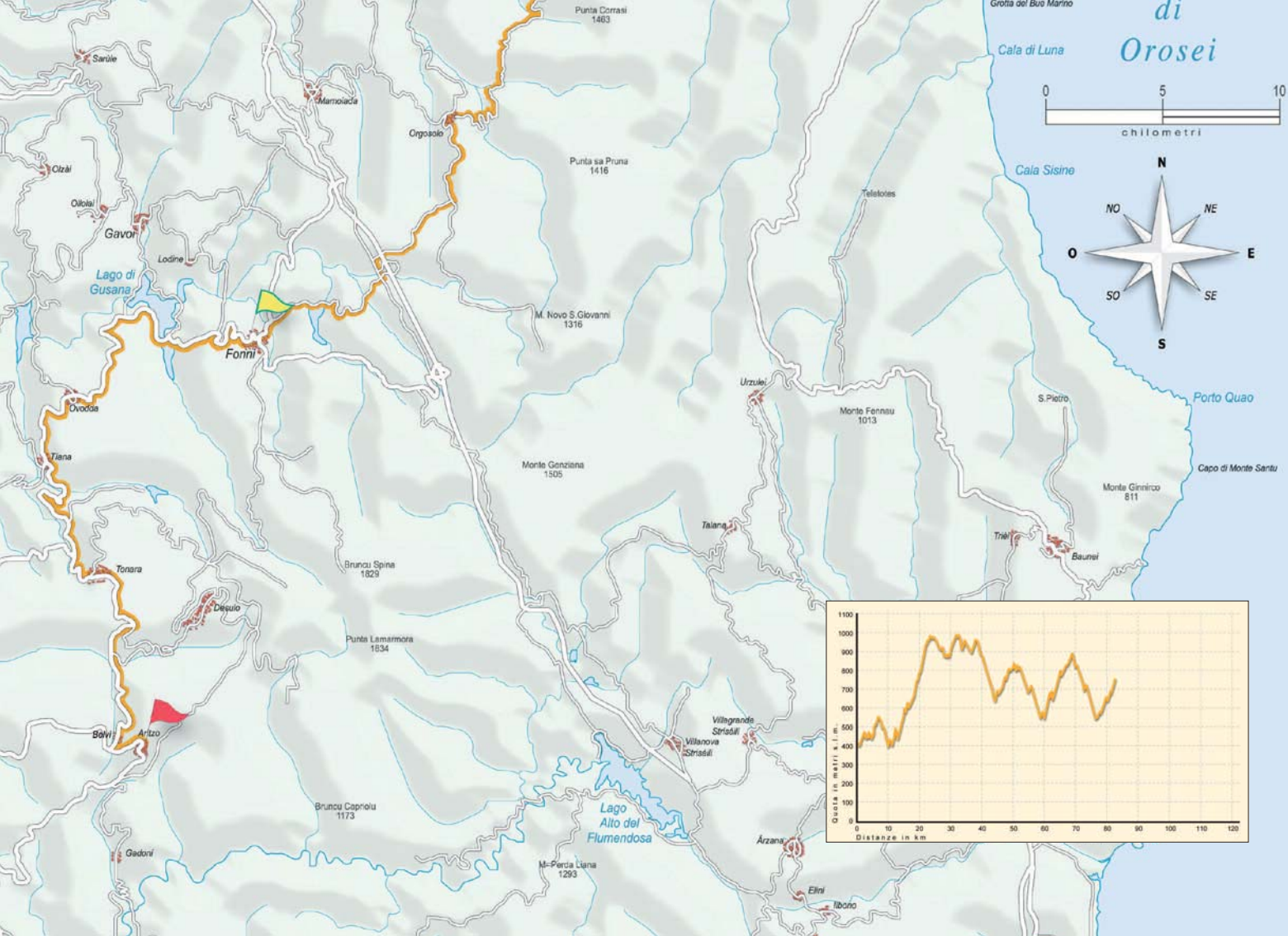
Highlights

The Supramonte and Gennargentu mountains range

The Murals of Orgosolo

Location	km	Total Kms	Ascent		Direction
Oliena - Orgosolo exit	0	0	0	▲	Easier climb option along main road
Orgosolo	15,7	15,7	900	↑	Cross the village and leave towards Pratobello
Pratobello crossing	7,54	23,24	1380	→	Turn right towards Pratobello - Fonni - Lanusei
1° Pratobello crossing	4,56	27,8	1400	←	Turn left towards Lago Govossai after passing the underpass
2° Pratobello crossing	0,9	28,7	1400	→	Turn right towards Lago Govossai - Fonni
Fonni crossroads	7,5	36,2	1650	←	Turn left towards Fonni
Fonni	1,8	38	1700	↑	Cross the village towards Lago di Gusana - Ovodda
Lago di Gusana crossroads	5,5	43,5	1700	↑	Turn right towards Ovodda
Ovodda	9,7	53,2	1850	↑	Cross the village towards Tiana
Tiana	4,9	58,1	1850	↑	Go straight on towards Tonara
Tonara crossing	8,2	66,3	1960	←	Turn left towards Tonara
Tonara	2,2	68,5	2050	↑	Go on towards Aritzo
Belvi	11,4	79,9	2650	↑	Go on towards Aritzo
Aritzo	1,6	81,5	2780	▽	End of the stage





Route Est

STAGE 2

ARITZO - LACONI - NURRI



The Texile peak,
Aritzo

Stage 2

Aritzo - Laconi - Nurri

Tot. stage Km **62** - Ascent stage m **1440** - Tot. route Km **143,5**

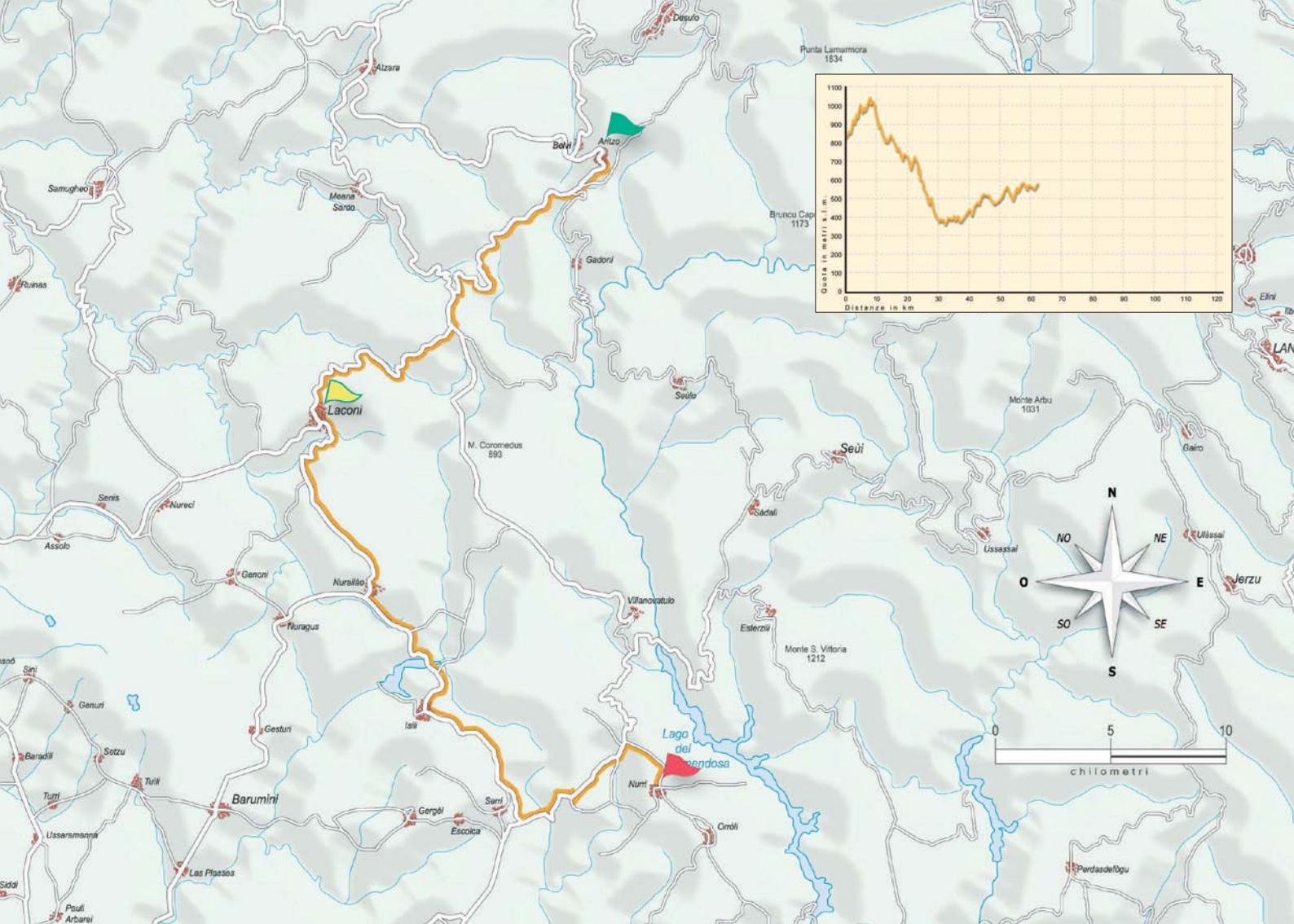
Level of difficulty: **medium**

Highlights

Aritzo forests

Lake Gusana

Location	km	Total Kms	Ascent		Direction
Aritzo - Laconi exit	0	0	0	▲	Set off towards Laconi
Ortuabis crossroads	13,2	13,2	547	←	Turn left towards Laconi
Laconi crossroads	1,48	14,68	585	↗	Go on keeping the right towards Laconi
Laconi	10,82	25,5	790	↑	Cross Laconi towards Isili
Nurallao crossing	4,7	30,2	878	↖	Turn left towards Nurallao - Isili
Nurallao	6,8	37	925	↑	Cross Nurallao towards Isili
Crossing	3,5	40,5	1000	↑	Go straight on towards Isili
Crossing	0,8	41,3	1010	↑	Go straight on towards Isili
Crossing after the level crossing	1,7	43	1075	↑	Go straight on towards Isili
Isili	2,3	45,3	1145	↑	Cross Isili towards Mandas
First Serri crossroads	5,7	51	1238	↑	Go straight on towards Mandas
Second Serri crossroads	0,7	51,7	1250	↑	Go straight on towards Mandas
Nurri crossing	0,8	52,5	1280	←	Turn left towards Nurri
Roadman's house of Nurri crossing	7,5	60	1420	→	Turn right towards Nurri
Nurri	2	62	1440	▽	End of the stage



Route Est

STAGE 3

NURRI - SEUI - LANUSEI



Selene forest,
Lanusei

Stage 3

Nurri - Seui - Lanusei

Tot. stage Km **83,6** - Ascent stage m **1453** - Tot. route Km **227,1**

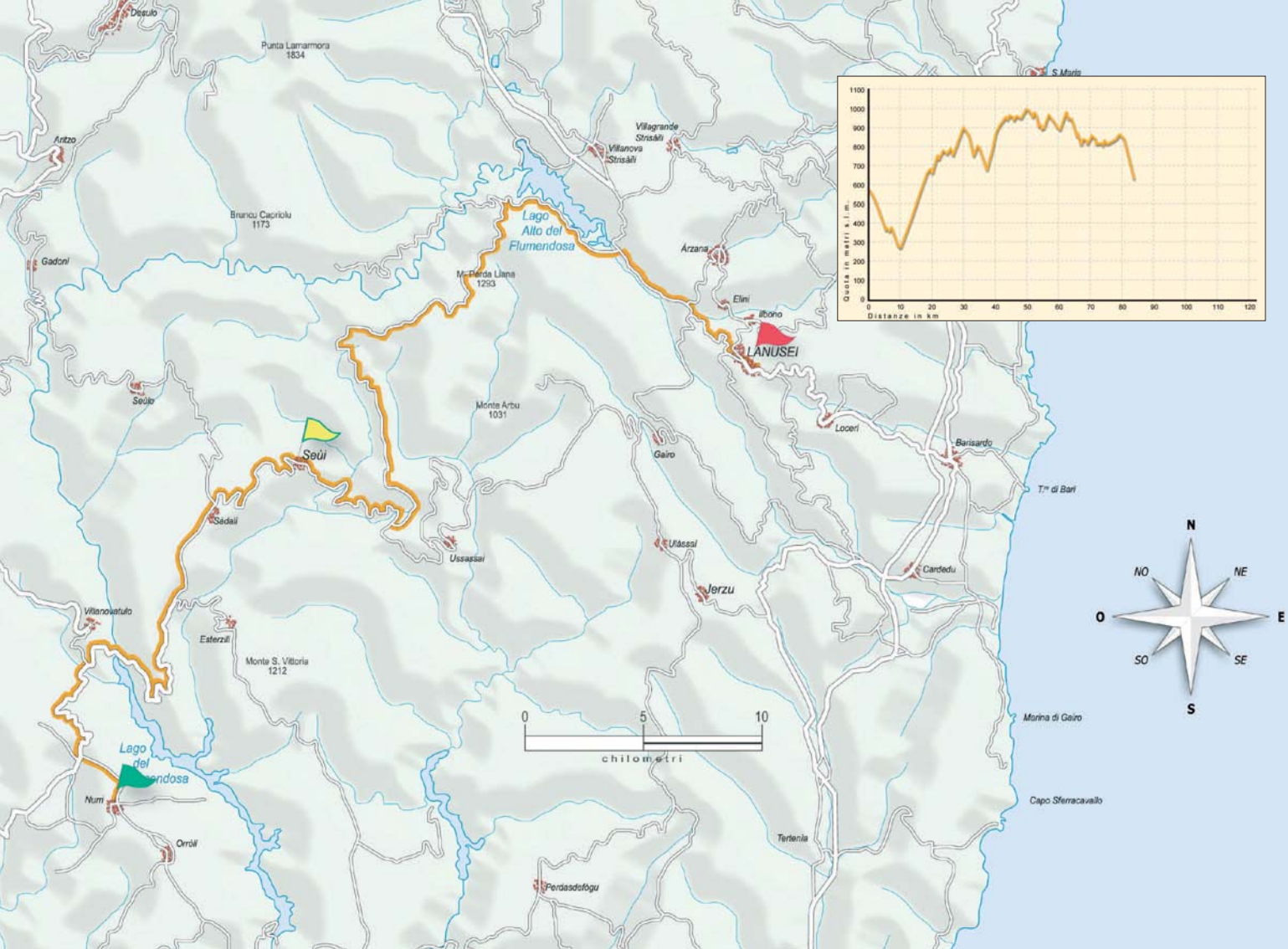
Level of difficulty: **demanding**

Highlights

Nuraghe Ardasai

The Perda Liana peak

Location	km	Total Kms	Ascent		Direction
Nurri crossing	0	0	0	▲	Set off from the crossroads with the SS 198 towards Seui – Villanovatulo
Villanovatulo crossing	6,8	6,8	23	↑	Go straight on towards Seui
Bridge	2,6	9,4	24	↑	Cross the bridge over Lago Flumendosa
Esterzili crossing	11,2	20,6	450	↑	Go straight on
Sadali entrance	4,1	24,7	541	↑	Go straight on towards Lanusei Seui
Aritzo - Seulo crossroads	1,1	25,8	560	↑	Go straight on
Seui entrance	6,7	32,5	716	↑	Go straight on crossing the village (water source)
Perda Liana crossroads	6,3	38,8	819	←	! Turn left and go up towards San Cristoforo - Perda Liana - Montarbu
Crossroads per foresta Montarbu	3,1	41,9	975	↖	Go on keeping the left towards Foresta di Montarbu
Montarbu barracks crossroads	1,9	43,8	1009	↑	Go straight on towards Perda Liana
Crossroads	5,7	49,5	1093	↑	Go straight on
Nuraghe Ardasai	0,84	50,34	1098	↑	Go straight on
Perda Liana crossroads	11,96	62,3	1284	↑	Go straight on (detour on the right to Perda Liana peak)
Crossroads	11,7	74	1380	←	Turn left towards Lanusei
Crossroads with the SS 389	1,3	75,3	1400	→	Turn right towards Lanusei on the SS 389
Crossroads towards Arzana	4,5	79,8	1453	↑	Go straight on towards Lanusei
Crossroads towards Lanusei	0,6	80,4	1453	↘	Take the SS 390 and go on towards Lanusei
Lanusei	3,2	83,6	1453	▽	End of the stage



Route Est

STAGE 4

LANUSEI - BAUNEI - DORGALI



Baunei valley

Stage 4

Lanusei - Baunei - Dorgali

Tot. stage Km **96,3** - Ascent stage m **1283** - Tot. route Km **323,4**

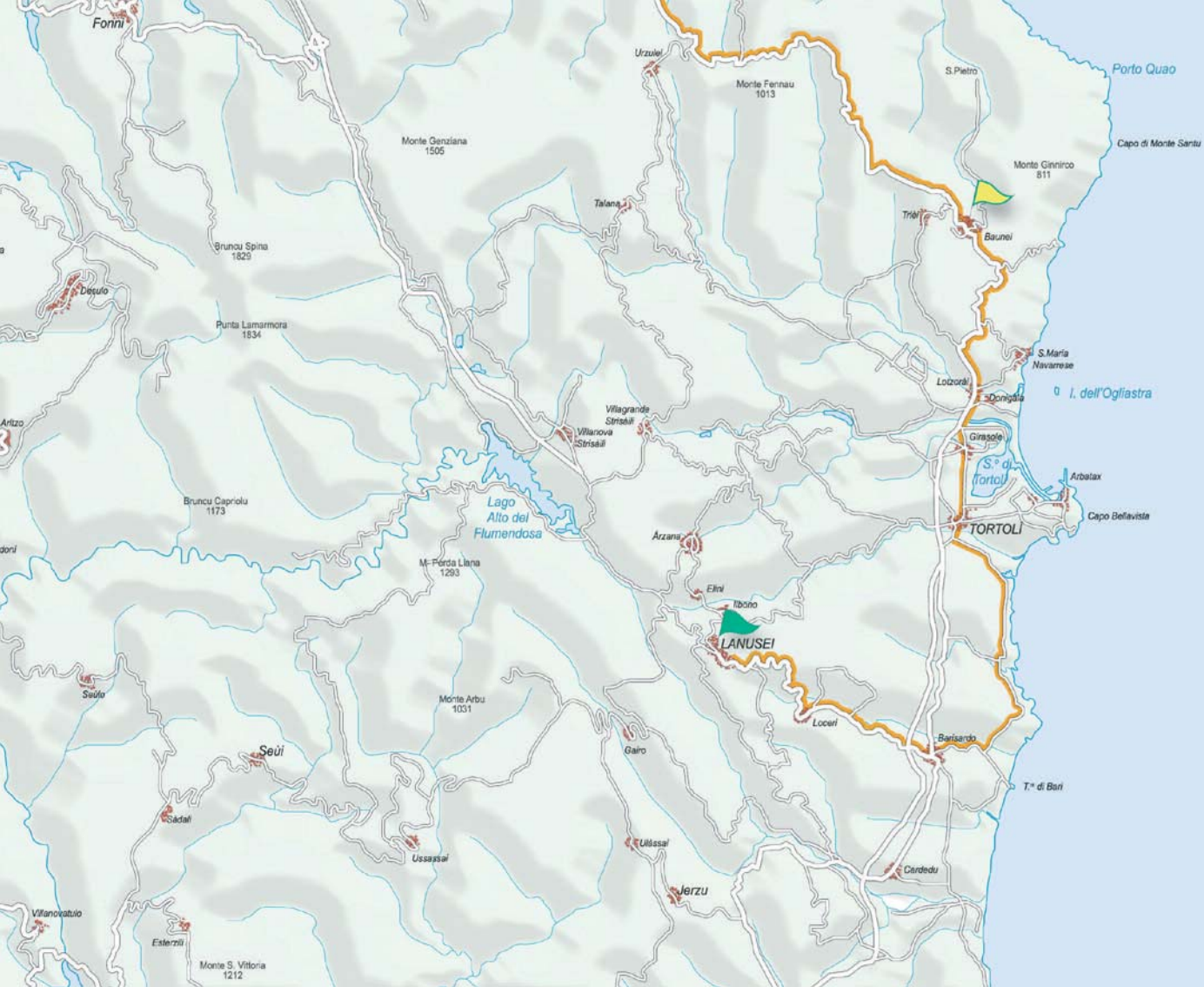
Level of difficulty: **demanding**

Highlights

Landscape along the ss 125 road

The coves of the Orosei gulf

Location	km	Total Kms	Ascent		Direction
Lanusei roundabout - Loceri exit	0	0	0	▲	Set off towards Loceri
Loceri	7,26	7,26	0	↑	Cross the village towards Barisardo
Barisardo	7,04	14,3	8	↑	Go on towards Marina di Bari - Torre di Bari
Cea crossroads	3,15	17,45	17	←	! Turn left towards Cea and turn left again after 100 m
Crossroads	2,65	20,1	76	←	! Turn left after the green metal post
Lido di Cea crossroads	0,75	20,85	77	↖	Go on keeping the left
Crossroads	2,15	23	100	→	Turn right
Roundbout before Tortoli	7	30	154	→	Turn right towards Tortoli and go on towards Olbia - Nuoro
Girasole crossroads	3	33	170	↑	Go straight on towards Olbia - Nuoro
Crossroads with ss (national road)	2	35	171	↗	Turn right towards Lotzorai - Olbia - Orosei
Lotzorai	0,5	35,5	175	↑	Cross the village towards Baunei - Olbia
Santa Maria Navarrese crossroads	1,2	36,7	184	↑	Go straight on
Baunei	8,5	45,2	607	↑	Cross the village and go straight on
Genna Silana pass	31,8	77	1270	↑	Go straight on
Tunnels towards Calagonone	18,3	95,3	1282	↑	Go straight on towards Dorgali (possible detour towards Calagonone)
Dorgali	1	96,3	1283	▽	Turn left and enter Dorgali. End of the stage





Route Est

STAGE 5

DORGALI - SINISCOLA - BITTI



Mont'albo, Lula

Stage 5

Dorgali - Siniscola - Bitti

Tot. stage Km **108,2** - Ascent stage m **1282** - Tot. route Km **431,6**

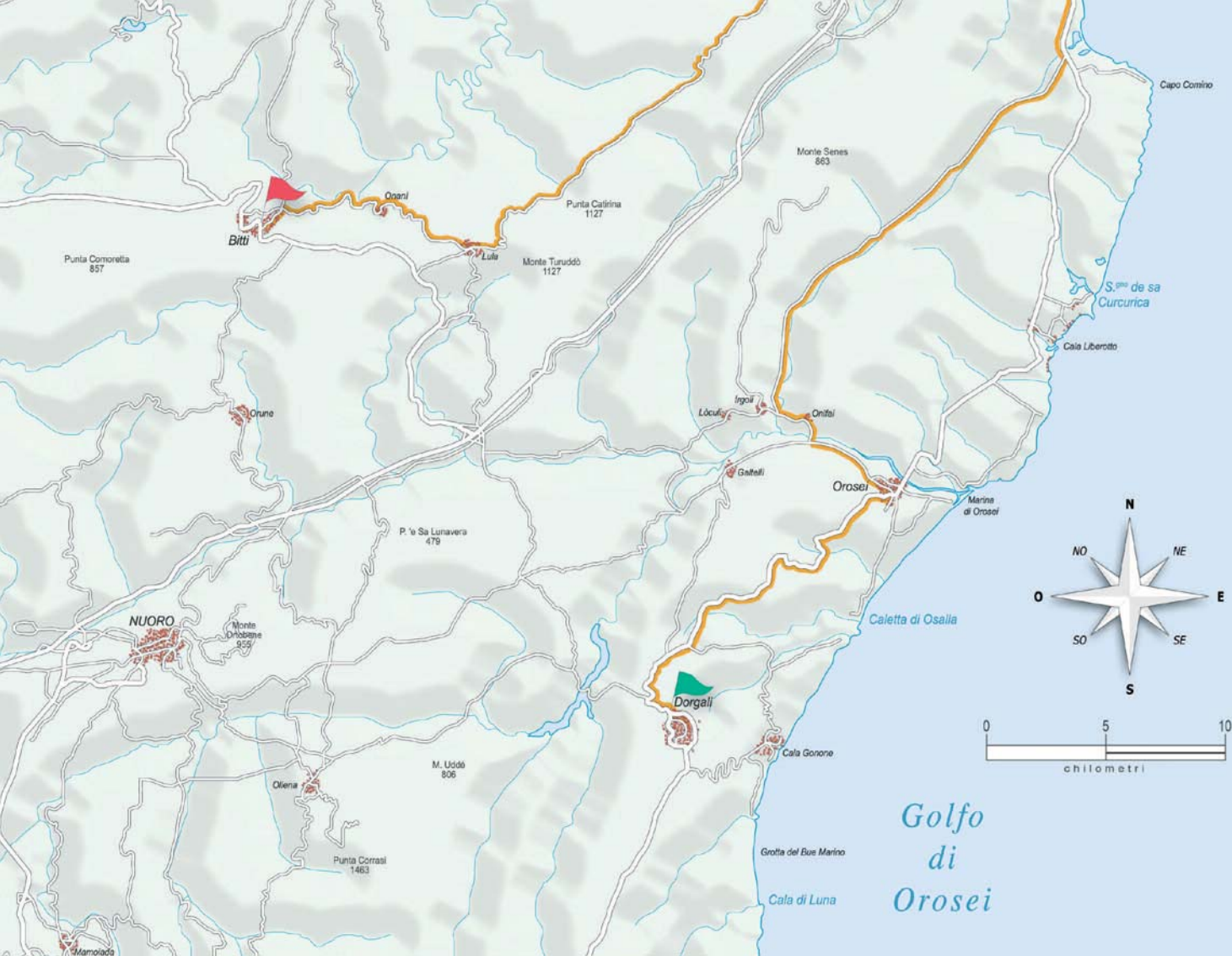
Level of difficulty: **demanding**

Highlights

Bidderosa park in Orosei

Mont'Albo range

Location	km	Total Kms	Ascent		Direction
Dorgali - Orosei exit	0	0	0	▲	Set off towards Orosei - Siniscola
Orosei crossroads	1,65	1,65	0	↑	Go straight on towards Orosei. (water source)
Orosei	16,75	18,4	55	↑	Cross the village towards Nuoro
Orosei exit towards Nuoro	1,4	19,8	70	←	Turn left and go on towards Nuoro
Onifai - Olbia crossroads	3,5	23,3	75	→	Turn right towards Onifai and pass the bridge
Onifai	0,7	24	75	↑	Cross the village towards Irgoli
Irgoli	1,7	25,7	75	→	After the bridge turn right towards Siniscola - Capo Comino
Crossroads with the SS 125	20,8	46,5	267	←	Turn left on the SS 125 towards Olbia - Siniscola
Siniscola	11,6	58,1	340	↑	Cross the village towards Lodè
Siniscola exit	2,5	60,6	405	↑	Exit the village towards Lodè - Monte Albo
Sant'Anna crossroads	8,5	69,1	922	←	Turn left towards Monte Albo - Lula. (water fountain after 15 km)
Lula	25,9	95	1150	↑	Cross the village towards Onani Bitti
Lula exit	1,5	96,5	1155	↑	Go straight on towards Onani
Onani	3,8	100,3	1197	↑	Cross the village and go on towards Bitti
Crossroads before Bitti	7,5	107,8	1282	↑	Go straight on towards Bitti
Bitti	0,4	108,2	1282	▽	End of the stage





Route Est

STAGE 6

BITTI - NUORO - OLIENA



Vineyards, Oliena

Stage 6

Bitti - Nuoro - Oliena

Tot. stage Km **45** - Ascent stage m **745** - Tot. route Km **476,6**

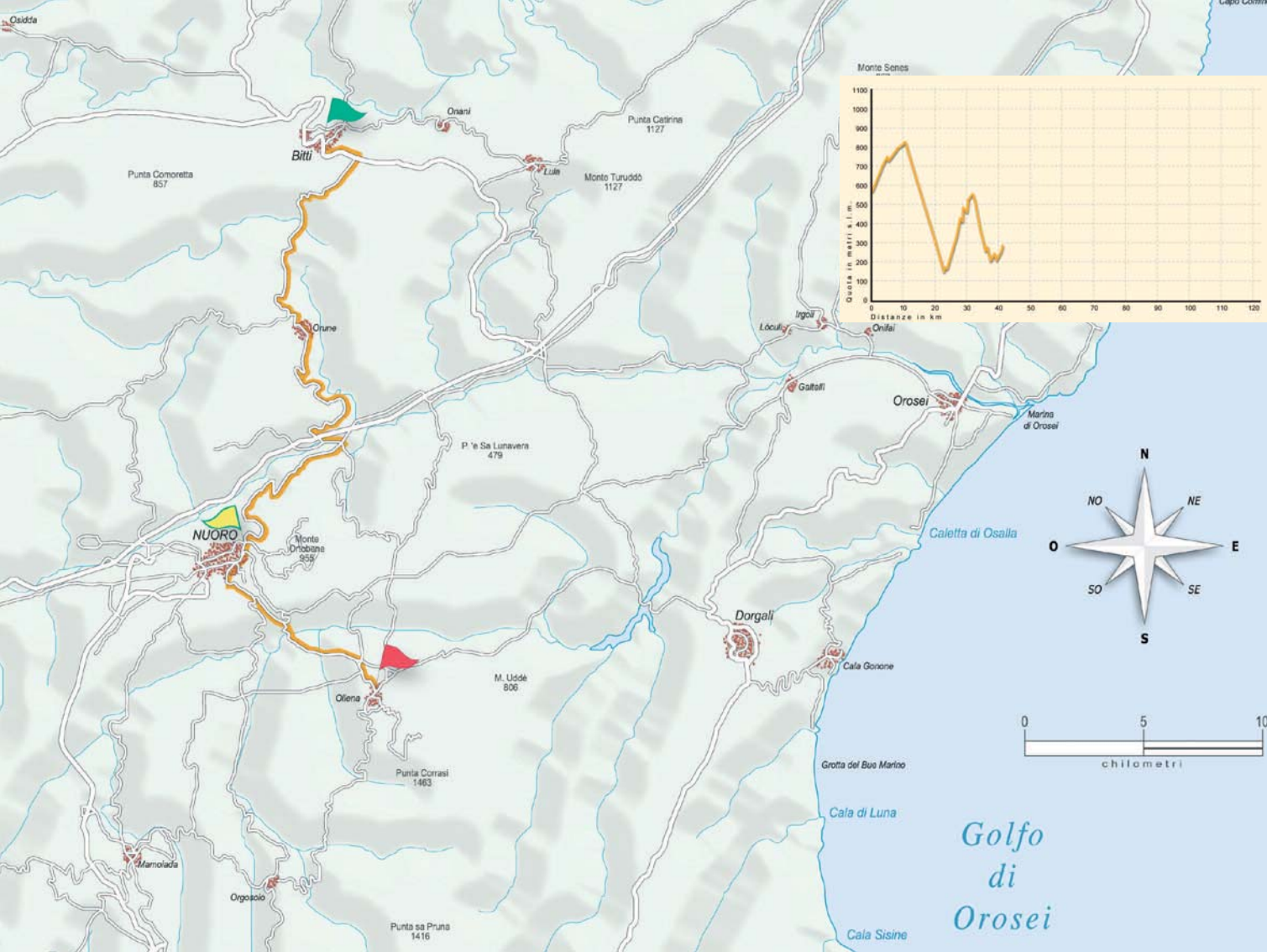
Level of difficulty: **easy**

Highlights

Su Tempiesu sacred well in Orune

Su Gologone spring in Oliena

Location	km	Total Kms	Ascent		Direction
Bitti - Nuoro exit	0	0	0	▲	Set off towards Nuoro on the SS 389
Crossroads	7,9	7,9	224	↑	Follow the main road
Crossroads towards Orune	2,7	10,6	255	←	Turn left towards Orune
Crossroads towards Nuoro	11,9	22,5	255	↑	Go straight on
Crossroads towards Nuoro	0,9	23,4	256	→	Turn right towards Nuoro La Solitudine
Nuoro la solitudine	9,5	32,9	645	↗	Cross Nuoro and leave towards Oliena
Orgosolo - Oliena crossroads	3,6	36,5	660	←	Having left Nuoro after about 1,5 km turn left towards Oliena
Oliena	8,5	45	745	▽	Enter Oliena. End of the stage



How to get to Sardinia and get around

On the map printed on the cover you can find ports and airports where you will arrive at the island.

For detailed information about the different possibilities of transport we suggest to consult other tour guides or the following web pages.

For information about how to get to and get around the island

<http://www.sardegnaturismo.it/servizi/viaggiare/>

For information about airports

Alghero: <http://www.aeroportoalghero.it/>

Cagliari: www.sogaer.it

Olbia: www.geasar.it

For information about trains

National railroad: <http://www.ferroviedellostato.it/>

Local trains: <http://www.ferroviesardegna.it/>

Local bus service

www.arst.sardegna.it

Other useful web-pages

www.sardegnaturismo.it

www.sardiniahikeandbike.com

Emergency numbers

118: Medical emergency (emergency unit)

112: Carabinieri

113: Police

1515: Fire-fighting service



REGIONE AUTONOMA DELLA SARDEGNA

Cyclotourism guide of Sardinia

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